

# HEART HEALTH

Heart disease is the number one cause of death in the U.S. for both men and women. It is also the leading cause of death worldwide. However, physicians and scientists that study heart health believe that heart disease can decreased significantly through proper preventatives and treatment plans.

## ESSENTIAL COMPONENTS FOR MAINTAINING A HEALTHY HEART



### MAINTAIN A SMART AND HEALTHY DIET

Your diet is the first line of defense to maintaining a healthy heart. Monitor saturated fats, cholesterol, and total calorie intake daily.

### ADD COLOR TO YOUR DIET

An easy step to a healthy heart is to add colors to your diet. This means add fruits and vegetables to every meal and snack. Fruits and vegetables are full of vitamins and minerals. By including a variety of colors in your diet, you are consuming a wide range of nutrients.



### KNOW YOUR NUTRITIONAL LABEL CONVERSIONS

Reading nutritional facts on products helps, but you must know and understand what you are reading. Nutritional food labels are displayed in grams (g) and milligrams (mg). You must know the basic conversion of grams (g) to milligrams (mg) to have a better understanding of what you are consuming in terms of intake values. For example, 200mg of sodium daily is preferred versus 2g (2000mg) of sodium daily, which is considered unhealthy.

### MOVE MORE AND BE ACTIVE

Regular physical exercise is an essential component to a healthy heart. Start with a weekly exercise routine of 10 to 15 minutes, and gradually increase your routine over time. If you don't like to sweat, simply move more. The key is finding forms of exercise that you like and can maintain. If you are selecting exercises routines you like, you are more likely to build more opportunities to move more, be active, and slowly create a solid exercise routine.



### BE WELL AND PROSPER

A healthy heart involves eating right and being active, but another essential component is general wellness. Make sure you get enough sleep, limit stress and stress triggers, practice mindfulness, and try to keep positivity in your life (meaning positive interactions and social connections with others). Don't forget to schedule regular visits to your physician and routine dental check-ups.