



Lifestyle swaps for a healthy heart

Taking care of your physical and mental health is important for your overall health and well-being, but are also vital to the health of your heart! Exercising, eating a heart-healthy diet, checking your blood pressure and cholesterol, and managing stress are key. Try these healthy lifestyle swaps for a stronger heart and body.



Do: Stay active as much as you can! Try to get at least 150 minutes of exercise each week.

Don't: Sit for long periods of time and spend too much time being sedentary.



Do: Focus on nutrient-dense foods such as fruits and vegetables, whole grains and lean sources of protein.

Don't: Eat too many high-calorie foods (those with more than 400 calories per serving).



Do: Manage stress in healthy ways such as reading, meditating and enjoying hobbies.

Don't: Use tobacco, alcohol or overeating food to cope with stress.



Do: Flavor foods and beverages with healthy seasonings, spices and citrus fruits.

Don't: Overdo it with salt and sugar—in excess, both can hurt your heart and overall health.



Do: Cook your foods in healthy ways such as roasting, grilling, steaming and broiling.

Don't: Eat too many fried foods—they can increase your risk of heart disease.

For some people, even if you're able to improve your lifestyle, medication may still be necessary to keep your heart healthy. Talk to your doctor about your specific situation.



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