



Life's Simple 7 for Your Heart

American Heart Association's Life's Simple 7 steps to heart protection are crucial to good health overall. These habits can boost energy and stamina and have you feeling better in no time:

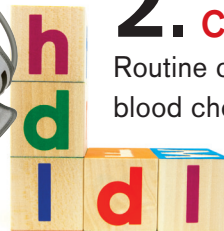
1. Manage blood pressure.

Healthy blood pressure reduces strain on your heart, arteries and kidneys and is vital to preventing or managing cardiovascular disease (CVD).



2. Control cholesterol.

Routine checking and improving your blood cholesterol levels give your arteries their best chance to remain free of blockages.



3.



Reduce blood sugar.

If your blood sugar is high, this condition can lead to type 2 diabetes and damage your heart, kidneys and nerves.

4.

Lose weight.

Shedding extra pounds reduces the burden on your heart, blood vessels and your joints. Losing even 1% of your body weight will lead to health improvements.



5.

Exercise. Getting at least 150 minutes of moderate-intensity activity weekly such as brisk walking, helps reduce your risk of heart disease.

6.

Eat well. A diet rich in fresh produce, whole grains and healthy protein (e.g., fish, lean meats, beans) helps fight arterial disease and unwanted weight gain.



7.

Stop smoking.

If you smoke, you have a much higher risk for CVD. And quitting may be the best thing for your overall health.



Even modest improvements in your health can make a positive, noticeable difference.