



# Heart Health Month

## Practice these 10 Easy Tips on a Daily Basis for a Healthier Heart

1. **Eat a Heart Healthy Diet** - Limit your intake of sodium, fat, and high calorie foods. Include healthy heart choices such as lean proteins, whole grains, colorful fruits and vegetables.
2. **QUIT SMOKING** - Tobacco use in any form increases your risk for heart disease. **Did you know that 20 minutes after you stop smoking, your heart rate drops!**
3. **Exercise Regularly** - A minimum of 30 minutes of daily exercise can reduce your risk for heart disease. **TIP** - Start slow and build your level of exercise, for example, take the stairs instead of the elevator.
4. **Maintain a Healthy Weight** - Talk to your doctor to determine if you are at a healthy weight for your heart.
5. **REDUCE STRESS** - Stress can impact you in many ways by increasing your blood pressure, causing weight gain, and increasing alcohol or tobacco consumption.
6. **Lower High Blood Pressure** - Taking active steps to decrease high blood pressure will improve the health of your heart and lower your risk for heart attack and stroke.
7. **Limit Alcohol Intake** - **FACT** - Alcohol can directly affect your heart due to the effects it can have on your blood pressure and waistline!
8. **Reduce Cholesterol** - **KNOW YOUR LEVEL** - The first step in cholesterol reduction is getting your level checked by your physician and then discussing ways to safely and effectively lower your cholesterol levels.
9. **Diabetes Management**— If you are diabetic, strict glucose control can improve your heart health. **Diabetics are twice as likely to develop heart disease than non-Diabetics!**
10. **Make a Date with the Doctor**— Annual checkups with your physician helps keep THEM AND YOU in the know about your overall health. Schedule an appointment today!

Additional information available at:

[www.cdc.gov/features/heartmonth](http://www.cdc.gov/features/heartmonth) or [www.heart.org/heartorg/healthyliving](http://www.heart.org/heartorg/healthyliving)

**West Windsor Township Health Department**

*Serving the Communities of West Windsor, Hightstown, and Robbinsville*

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