



# Heart Health is Optimal Health!

Both heart and physical health are two very important components of a healthy life, from childhood to the golden years.

**A little progress each day adds up to BIG results! Start with these tips today!**

## Tips for a Healthy Heart!



**Physical Activity** increases heart rate and blood flow for at least 30 minutes daily. **Walk With Ease Program**

**Manage Chronic Conditions** such as **high blood pressure, diabetes, high cholesterol.**



### **Giving Up Tobacco**

lowers your risk of developing heart disease, cancer, lung disease, and other smoking-related illnesses.

**Need Help Call Quit Now Virginia 1-800-QUIT-NOW | 1-800-784-8669 | 1-855-DEJELLO-YA /1-855-335-3569 –Spanish**



### **Reduce Alcohol**

Drinking too much can harm your health.



### **Eat a Healthy Diet**

high in fruits and vegetables, especially berries and green leafy vegetables. Check out **Heart healthy recipes** and **MyPlate resources** from the U.S. Department of Agriculture.



**Get a Good Night's Sleep** for at least 7-8 hours.



### **Schedule Regular Checkups**

with your doctor for routine screenings and vaccinations.