



Wholesome Habits Lead to Holistic Heart Health

How can you live a heart-healthy lifestyle and greatly reduce your risk of heart disease?

- Get 150 minutes of exercise each week
- Don't smoke cigarettes or drink alcohol in excess
- Practice stress reduction techniques
- Know your numbers (blood pressure, cholesterol, triglycerides, blood sugar) and understand the impact of your family history
- Sleep the recommended 6-8 hours each night
- Eat a nutritious diet of fresh, whole foods

YOUR WELLBEING ACTIVITY

FOUR CHAMBERS OF HEART HEALTH

Almost everything you do can affect your heart, which is why this activity helps you enhance your health in four different areas—activity, nutrition, health education and stress management.