



Heart- Healthy Living

The heart is one of the most vital organs in the human body, working nonstop to pump the blood.

Heart-healthy living is not just a concern for older ages or something to think about only when a problem arises. It is important for all ages to understand the risks, to make choices and take small steps to reduce chances of developing heart disease.

The key is to start with small habits and don't give up!



Take a 10 minute walk daily

Just 10 minutes of walking improves circulation and lowers stress levels. Be more active, take the stairs, anything that gets your heart beating faster counts. Work your way up as you grow stronger.



Drink 1 more glass of water

Try not to wait until your mouth is dry. Drink regularly and stay hydrated.



Get 1 more hour of sleep

Start by going to bed 1 hour earlier than usual, build up a night routine to reach 7-9 hours of sleep. Go to bed and wake up at the same time each day.



Eat- Better-Swap out processed food.

Read nutrition labels to pick the food lowest in saturated fat, sodium, and added sugars.

Try a mix of lean cuts of meat, eat fish once or twice a week, and eat two or more meatless meals each week. Choose a healthy replacement for your sweet treat, like fruit or yoghurt with honey.

Eating healthy benefits your Cholesterol and Blood Sugar

- ✓ Monitor your carbohydrate intake and choose complex carbohydrates, like whole grains and legumes, to help control blood sugar levels.
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Manage Stress- Stress break

Find a few minutes in your day to look away from your to-do list. Use relaxation techniques to calm both your mind and body. Listen to soothing music and take slow, deep inhales and exhales.

Taking a yoga class can also help lower stress while improving your body's movement and overall well-being.



Stop Smoking

Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels.



According to the American Heart Association the key components that contribute to lifelong good health are found in the graphic Life's Essential 8.

Life's Essential 8 are the key measures for improving and maintaining cardiovascular health, as defined by the American Heart Association. Better cardiovascular health helps lower the risk for heart disease, stroke and other major health problems

- 4 behaviors**
- diet
 - physical activity
 - nicotine exposure
 - sleep

- 4 health factors**
- weight
 - cholesterol
 - blood sugar
 - blood pressure



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Sources: Pixabay.com, <https://www.nhlbi.nih.gov/resources/take-action-your-heart-get-started-fact-sheet> , <https://www.heart.org/en/https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>
Picture source: [Life's Essential 8 | American Heart Association](#)

