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| **So, what can you do to help keep your heart healthy?** **Start where you are.** If you wish to focus on creating heart healthy habits, making small changes and sticking with that change will have a huge impact!**Ideas to try:*** **Eat a variety of fruits and vegetables.** Low in calories and high in fiber, they can help prevent cardiovascular disease.  Try adding an extra serving of veggies with every meal.
* **Make it Whole Grains.** Whole grains are an essential part of a healthy diet and can help improve blood pressure and cholesterol levels while lowering the risk of heart disease.
* **Watch portion sizes.** How much you eat is just as important as what you eat. Using smaller plates and boxing up half your meal when eating out can help.
* **Move more.** Park farther away, take the stairs, or do a quick lap around the store are all ways to help you move more throughout the day.
* **Stress Well.** How much stress you experience and how you *react* to it can lead to a variety of health problems. Take a deep breath or count to 10 before reacting to a stressful situation.

Interested in learning more? [Click here](https://010bbd3c-7c99-4bb7-b319-8590182e29be.filesusr.com/ugd/722a5e_38234a838a73461f9b69c747e01cf5bc.pdf). No matter which tip you go with, it is all a win: **make an appointment to find out what your heart is saying!**  |
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