Living Well
IN LOUISIANA

HOW TO STAY HEART HEALTHY

Heart diseases appear in many forms, and while most of them are preventable, a lot of times these diseases are gender, age or family-history related and are beyond your control. Still, keeping your heart in optimum working condition is necessary in warding off heart disease.

Check your blood pressure. Keep your blood pressure in check by eating a diet low in sodium, exercising and keeping your arteries functioning properly.

Maintain a healthy weight. Maintaining a healthy weight will take a lot of stress off your heart and can help you keep your blood pressure and cholesterol levels low.

Exercise regularly. Exercising has many benefits. It relieves stress, lowers your blood pressure, burns fat and strengthens your immune system—all of which keep your heart healthy.

Reduce stress. Stress can raise your blood pressure and cholesterol, and make your heart beat faster. So, try to avoid stress at all costs.

Watch out for cholesterol, trans and saturated fats. Each of these clog your arteries, forcing your heart to work harder.

Eat less meat. A diet low in saturated fat will help prevent heart disease. One way to decrease your intake of saturated fat is to limit the amount of meat and high-fat dairy products you consume.

Avoid smoking tobacco. Smoking is bad for your heart and your body in general. You should also avoid places where tobacco smoke is present because second-hand smoke has negative effects on your body as well.

Drink alcohol in moderation. A glass of red wine each day may be beneficial to your health, but excessive drinking is not healthy, especially for your heart.

DON'T FORGET TO STRETCH!