How to Live a Heart-Healthy Lifestyle

Every day, you can make choices that improve your heart health.

This checklist can help guide you. To live a more heart-healthy life…

Do: Eat more healthy foods.

These include: fruits and vegetables, whole grains, and lean proteins like fish, chicken, or beans.

Do: Cut back on foods high in salt, saturated fat, and added sugar.

Do: Stay active. Aim for at least 150 minutes of physical activity every week. Try walking, biking, or swimming. Some movement is better than none. And the more you move, the better!

Do: Get good sleep. Strive for at least 7 hours of quality shut-eye every night.

Do: Take your medicines as directed. Talk with your healthcare provider if you have any questions.

Do not: Use tobacco products. Need help quitting? Call 1-800-QUIT-NOW or visit smokefree.gov.

Do not: Drink too much alcohol. If you choose to drink, limit your drinks to one a day for women and two a day for men.

Do not: Forget to have your blood pressure and cholesterol checked. Regular testing is the only way to know if these numbers are high.

Making these healthy choices can help keep your heart beating strong.

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