



## Keeping Your Heart Healthy



### Overview

Your heart is your body's engine. Keeping it healthy allows you to maintain a good quality of life. Let's look at some ways you can do this naturally.

### Nutrition

First, eat a well-balanced diet. Eat things like whole grains, lean proteins, fruits and vegetables. Limit sugar, salt and unhealthy fats. And avoid fast food.

### Sleep

Next, make sure you get enough sleep. Most adults need at least seven hours of sleep every night, but many of us don't get that much. Doctors believe a lack of sleep may harm your heart health. So set a regular sleep schedule. Focus on getting restful sleep every night.

### Exercise

Now, focus on physical activity. Regular exercise is crucial for heart health. It also lowers stress levels, and helps you maintain a healthy weight. So try to exercise every day if possible. Choose activities that get your heart pumping, like walking, jogging, swimming or cycling.

### Maintain a healthy weight

Being overweight raises your risk for heart disease, high blood pressure and type 2 diabetes. But the good news is that even a small amount of weight loss can make a difference. So if you need to lose weight, talk to your doctor about ways you can do this.

### Avoid smoking and secondhand smoke

And finally, avoid tobacco smoke. That means if you smoke, quit. But it also means you need to avoid secondhand smoke. So if you live with a smoker, don't allow them to smoke indoors, and don't let them smoke around you. For more tips to keep your heart healthy, talk to your doctor.