



# Heart Health is Optimal Health!

Both heart and physical health are two very important components of a healthy life, from childhood to the golden years.

A little progress each day adds up to BIG results! Start with these tips today!

## Tips for a Healthy Heart!



**Physical Activity** increases heart rate and blood flow for at least 30 minutes daily. Walk With Ease Program

**Manage Chronic Conditions** such as high blood pressure, diabetes, high cholesterol.

**Eat a Healthy Diet** high in fruits and vegetables, especially berries and green leafy vegetables. Check out Heart healthy recipes and MyPlate resources from the U.S. Department of Agriculture.

**Get a Good Night's Sleep** for at least 7-8 hours.

**Schedule Regular Checkups** with your doctor for routine screenings and vaccinations.

**Reduce Alcohol**  
Drinking too much can harm your health.

**Giving Up Tobacco** lowers your risk of developing heart disease, cancer, lung disease, and other smoking-related illnesses. **Need Help Call Quit Now Virginia 1-800-QUIT-NOW | 1-800-784-8669 | 1-855-DEJELO-YA /1-855-335-3569 - Spanish**

# Healthy Heart Cd

**Robert R. Redfield**



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