



# Simple Steps to Heart Health

You don't have to be a dedicated athlete to maintain a healthy heart and avoid cardiovascular disease, which can lead heart attack or stroke. Keeping track of a few numbers and making a few small lifestyle changes are all you need to put yourself on the road to sound heart health.

## Know your Numbers!

### Blood Pressure

High blood pressure damages blood vessels and makes the heart work harder. See your doctor to learn what your numbers are and how to improve them.

### Cholesterol

Elevated cholesterol levels increase the risk of heart disease, heart attack and stroke. A simple blood test is all you need to see your numbers and your doctor can help you understand how diet and exercise can improve them.

## Making Even Small Changes Reduces Your Risk!

### Maintain a Healthy Weight

Even taking off a few pounds can provide cardiovascular benefits. Focus on eating healthy and increasing physical activity to shed extra pounds.

### Eat Heart-Healthy

A heart-healthy diet can significantly reduce your risk for heart disease. Sensible meals high in fiber and low in saturated fats can help reduce cholesterol and manage weight.

### **Get Moving!**

Regular physical activity has positive effects on cholesterol, blood pressure and weight. A daily brisk walk or taking the stairs instead of the elevator are simple ways to get started.

### **Stop Smoking**

Cigarette smokers are at higher risk of developing cardiovascular disease. Speak with your physician for advice on support programs and other aids to help you quit.

### **Manage Stress**

Stress impacts almost every area of the body, but especially the heart. Creating new healthy habits can help you reduce stress.

**Here when you need us.**

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