

LOVE FOR YOUR HEART



February is American Heart Month. Be kind to your heart through behaviors that assist in optimal cardiac functioning.

Stress Management

Meditation/Mindfulness is a stress management technique which offers benefits for your heart. Mindfulness is the practice of bringing full awareness to the present moment. Research shows that practicing this technique regularly can change how we respond to, and perceive, stressful situations.

[Click here](#) to learn more on the Harvard Pilgrim website.

Do you have a few minutes? [Click here](#) to try “*Sitting Meditation*”.

Healthy Nutrition

A few small adjustments to your eating habits can assist in the health of your heart. Try adjustments such as: limiting foods and drinks with added sugar, using herbs and spices instead of salt, and reading labels to limit the amount of trans fat in your diet.

[Click here](#) to read “*Healthy Eating: Eating Heart-Healthy Foods*” on the Tufts website for more tips.

Optimism

Do you see the glass as half full? Your heart thanks you!

In a study of over 5,100 adults, it was found that optimists had better blood sugar levels, better cholesterol levels and healthier BMI measurements than those who were less optimistic.

[Click here](#) to read “*An Optimistic Outlook May Be Good for Your Heart*” on the BCBS website.

Exercise

To strengthen your heart, work your cardiovascular system through exercise. Some of the benefits include: increased blood circulation, increased oxygen and nutrients to your organs, reduced body fat, and improved blood sugar and cholesterol levels.

[Click here](#) to read “*Heart Disease: Walking for a Healthy Heart*” on Fallon’s Healthwise Knowledgebase.
