

FEBRUARY WELLNESS

HEALTHY HEARTS



Eating nutritious food and staying physically active are well-known methods for keeping our hearts healthy.

The American Heart Association and the Center of Disease Control offer some specific tips on eating right and exercising in order to enhance heart health. Here are some of those tips, as well as a few additional lifestyle habits for healthy hearts:

- **Stay active.** The recommendation is at least 150 minutes per week. However, if you are not at that point yet, remember that any movement is better than no movement. Simply begin by seeking out extra steps in your day to be as active as possible.
- **Add color to your plate with fruits and vegetables.** An easy way to eat healthier is to try to add fruits or vegetables to every meal and snack that you have during the day. Also, think of adding color to your plate through a variety of fruits and vegetables. For a quick reference to colorful, healthy foods, click here: [Eat More Color Graphic with Examples](#)
- **Additional quick tips on nutrition:** Eat foods low in sodium, sugar, saturated fats, trans fat and cholesterol. Also, be sure to get enough fiber.
- **Maintain a healthy weight.** By staying active and eating right, you can keep tabs on weight management. This is important because being obese or overweight increases the risk for heart disease.
- **Don't smoke or use tobacco.** Studies conclude that cardiovascular disease is among one of the health conditions which the use of tobacco contributes to.
- **Limit alcohol.** Too much alcohol can raise your blood pressure.
- **Manage stress.** Stress may lead to factors that contribute to heart disease, such as high blood pressure, smoking and overeating. To learn more about current research regarding the correlation between stress and how it may contribute to heart disease, and to read about managing stress, click here: [Stress and Heart Health](#)

For additional information on enhancing heart health, visit the websites of the American Heart Association and the Center for Disease Control:

[American Heart Association](#)

[Preventing Heart Disease: What You Can Do](#)

West Suburban Health Group Website: westsuburbanhealth.com

Health Provider Websites: Fallon Health: fchp.org Harvard Pilgrim: harvardpilgrim.org

Tufts: tuftshealthplan.com Blue Cross Blue Shield: bluecrossma.com