



BlueResource<sup>SM</sup> – Controlling Your Condition – Caring for Your Heart

## Ways to Love Your Heart

Heart disease cuts too many lives short. But here's the good news: There are simple steps you can take to nurture and protect your heart every day.

**Tip the scales in your favor.** Maintain a healthy weight to help your heart pump more efficiently. A 10-pound weight loss can lower blood pressure and reduce strain on your heart.

**Nosh on the good stuff.** Reach for fresh fruits and vegetables, whole grains, low-fat dairy, and skinless poultry and fish first. They reduce plaque that clogs arteries and blood vessels.

**Move more.** Add 30 minutes of moderate aerobic activity at least five days a week to help your heart beat strong. Plus, it lowers stress and keeps the extra pounds off!

**Keep your numbers in check.** Take steps to lower your blood pressure and cholesterol levels if they are high. This will also reduce your risk for heart disease, heart attack and stroke.



Protect your heart so you can spend more time with people you love.

Source: *Keep Your Heart Healthy*. U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. 2020.