

Lifestyle Guide



Heart disease prevention



Uncover the secrets to heart-healthy living — lifestyle changes and proactive habits that will safeguard your cardiovascular well-being.

1 Move your body

(✓) Avoid sitting for long periods

Get up and move around every 30 minutes if possible.

(✓) Aim for 30 minutes of moderate-intensity aerobic activity on at least three days each week.

Examples of moderate intensity activities include taking a brisk walk, dancing, swimming, tennis or raking leaves.

2 Reduce stress

(✓) Engage in hobbies, spend time with loved ones, or practice 10 to 15 minutes of relaxation techniques daily.

(✓) Aim for 7 to 8 hours of quality sleep each night.

(✓) Practice moderation

- If you smoke, get help quitting.
- Limit alcohol consumption to no more than two drinks per day.

These recommendations can vary based on individual circumstances and recommendations from health care professionals. Talk to your provider about a heart-health plan that's right for you.



3 Manage existing conditons

(✓) Get regular checkups

Even if you're feeling fine, an annual checkup is an opportunity to connect with your health care team, catch up on vaccines and ask questions.

(✓) Monitor blood pressure

Maintain a blood pressure reading below 120/80.

(✓) Control cholesterol levels

Keep LDL cholesterol below 100 milligrams per deciliter (mg/dL).

(✓) Stay on top of diabetes

Follow your health care provider's recommendations to keep your blood sugar levels on target.

4 Eat a heart-healthy diet

Include 5 servings of fruit and vegetables daily.

Limit sodium intake (under 2,300 milligrams per day).

Consume at least 25 to 30 grams of fiber daily.

Take it easy on red meat: Try to limit yourself to three servings per week.

Stay hydrated! Drink at least 64 ounces of water per day.

Make sure less than 7% of your daily calories come from saturated fats. A nutritionist can teach you how.

* Remember...



Don't be put off by perfectionism

You don't have to make all of these changes at once to lower your risk. Start with what's easy and work toward bigger changes gradually.



Keep your goals at front-of-mind

Need motivation? Add a note or a family photo to your fridge or desk to remind yourself why taking care of your heart is so important to you.



Make it a group project

Get your family involved, join a support group or take a heart-healthy class at the Community Health Education Center.



Stay informed and updated

Stay up-to-date on the latest heart-health information and disease prevention strategies by following Salem Health on social media.

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