Exercise regularly: Regular physical activity can help lower your risk of heart disease, stroke, and other health conditions. Try to get at least 30 minutes of activity 3 to 5 days of the week.

Eat a healthy diet: Eat a balanced diet to maintain a healthy weight and lower your risk for heart disease. Focus on fresh fruits, vegetables, and whole grains!

Manage stress: Stress can contribute to heart problems, so be sure to manage it. Try to find healthy ways to manage stress by walking, meditating, and consulting with your doctor often.

Don’t smoke or use tobacco: Smoking and using other forms of tobacco can increase your risk for heart disease. If you don’t smoke, don’t start. If you do smoke, talk to your doctor about ways to slow down or quit.

Sincerely,
Paula Johnson