



Keeping Your Heart Healthy

Although many are affected by heart disease, research suggests that many lack education about cardiovascular conditions and warning signs. There are small ways to keep our hearts healthy. These changes could prolong your life and make it more comfortable.

1: Be Physically Active

Walk, take an exercise class, or get a group together to get active!

2: Eat Healthier

Eating well is a smart way to protect your heart's health so strive to eat heart healthy meals. Cook balanced meals and enjoy with friends.

3: Track Your Heart Health Stats

Get your blood pressure checked. Try a wearable tracker to see how well your heart is performing.

4: Manage Stress, Sleep Better, Stop Smoking

Incorporate the many ways you can protect your heart including better sleep habits, reducing stress, and quitting smoking.

[Click here](#) to read the full article: *American Heart Month 2024: Important Things to Consider* and to find out more on:

- 6 Warning Signs of a Heart Attack
- Major Risk Factors for Heart Disease, and
- Tips for Keeping up with your check-ups.