

Teaching Tool Download



HEALTHY HABITS



1. GET MOVING

Regular physical activity strengthens the heart muscle, improves blood circulation, and helps maintain a healthy weight, reducing the risk of heart disease.

Pro Tip: Start with a 10-minute walk each day and gradually increase your time as you build endurance.



2. QUIT SMOKING

Quitting smoking can help lower blood pressure and improve overall cardiovascular health, reducing the risk of heart attacks and strokes.

Pro Tip: Seek support from friends, family, or a quit-smoking program to help.



3. REDUCE STRESS

Chronic stress can raise blood pressure and lead to unhealthy coping mechanisms like overeating, excessive alcohol intake, or smoking.

Pro Tip: Take 5–10 minutes and pencil in some “you time”. Practice relaxation techniques such as deep breathing, meditation, yoga, prayer, or journaling.



4. GET ENOUGH SLEEP

Adequate sleep allows the body to repair and regenerate, maintaining heart health by regulating blood pressure and reducing inflammation.

Pro Tip: Aim for 7–9 hours of quality sleep each night by establishing a consistent bedtime routine.



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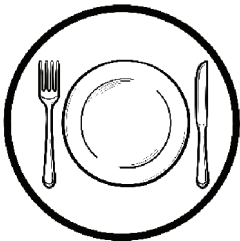
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5. SOCIAL CONNECTION

Strong social ties can improve heart health by lowering stress levels and encouraging healthy behaviors.

Pro Tip: Schedule regular social activities with friends or family, like a weekly phone call or a shared meal.



6. EAT MORE: HEART-HEALTHY FATS, FIBER & ANTIOXIDANTS

Incorporating foods rich in heart-healthy fats, fiber, and antioxidants supports cardiovascular health by lowering bad cholesterol and reducing inflammation.

Pro Tip: Try fiber and potassium-rich sweetpotato toast topped with peanut butter and chia seeds for heart-healthy fats, and blueberries for an antioxidant boost.



7. EAT LESS: SALT, ADDED SUGARS & SATURATED FATS

Reducing intake of salt, added sugars and saturated fats helps control blood pressure and cholesterol levels, decreasing the risk of heart disease.

Pro Tip: Read food labels and look for added salt, sugar, and fats. Check out the ingredient list; ingredients are listed in descending order by weight, with the first few making up the most of the product.

