

12

Surprising Ways to Protect Your Heart

Heart disease is the #1 cause of death among women in the U.S.

Myths vs. Facts

Myth:

Heart disease is for men

Fact:

1 in 3 women develop heart disease

Myth:

Heart disease doesn't affect women who are fit or young

Fact:

90% of all women have 1+ risk factors for heart disease

Myth:

I don't have any symptoms

Fact:

64% of women who die suddenly of heart disease had no previous symptoms

Prevention

Follow your heart and live longer with these 12 tips

Don't Stress

LOL (Laugh Out Loud)

Laugh, it's fun and relaxing

Get a pet

Owning a pet lowers the rate of heart disease



Take the scenic route

Eliminating stress while driving helps lower blood pressure

Increase your heart rate by exercising:
30 minutes a day – 5 days a week moderately
OR
20 minutes a day – 3 days a week vigorously

Be Active

Only 20% of adults get enough exercise

Move it – it's easy & fun!

Take a brisk 10 minute walk

3x per day



Dance

It raises your heart rate and burns calories

Do Yoga

It combats stress and positively affects heart rate variability



Create Healthy Habits

Stop smoking

No ifs, ands, or butts!



Cheers (in Moderation)

1 glass of red wine per day can raise good cholesterol levels, reduce blood clots and prevent artery damage

Shake off the salt



Eat Chocolate

1 piece of dark chocolate per day could help prevent heart disease

Get your ZZZ's

Get 7-8 hours of sleep a day



Go Nuts

Choose healthy snacks like almonds or walnuts

Questions To Ask Your Doctor

What is my risk for heart disease?

What is my blood pressure and what does it mean for me?

Are my cholesterol and BMI numbers in the "normal" range?

How can I tell if I'm having a heart attack?

How often should I return for checkups for my heart health?