

TIP OF THE WEEK



LivingWell
make it a priority
THE UNIVERSITY of TEXAS SYSTEM

Keep Your Heart Healthy

Your heart pumps all day and it's your hardest working muscle. Keep it going for years to come with these tips:

- 1) **Exercise!** Anything physical that gets your heart rate up for 20-30 minutes, 5 days a week.
- 2) **Don't spend all day sitting.** Build in breaks from your sitting and get up to walk around every so often.
- 3) **Eat plenty of fruits and veggies.** The tried and true classics are good for all aspects of your health.
- 4) **Stop smoking.** You've heard it before, but it hasn't changed. Smoking raises your risk of heart disease among other health issues.
- 5) **Relax.** Stress raises adrenaline and can overwork the heart. Exercise, yoga, or talking to a friend or counselor can help.
- 6) **Sleep well.** Sleep is when our body recovers. When you sleep, your heart rate and blood pressure go down, giving your heart a much-needed break.