

# 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.