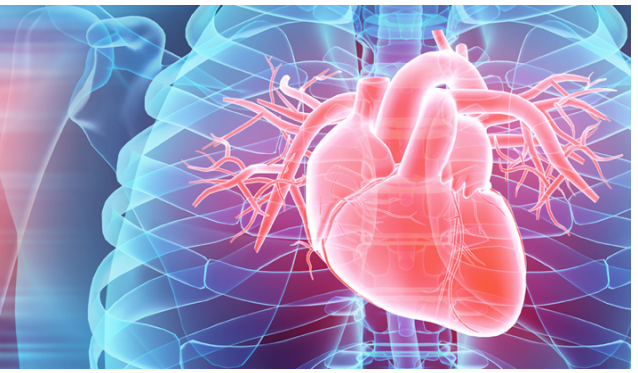


# STEPS TO A HEALTHY HEART



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According to the American Heart Association, taking care of your heart with a healthy diet and daily physical activity is the secret to preventing heart disease. You can accomplish this by making small changes in your daily routine that will help you move more and eat better.



**Move:** get 150 minutes (30 minutes/5 days a week) of moderate aerobic exercise or 75 minutes (15 minutes/5 days a week) of vigorous aerobic exercise or a combination of both during the week. Regular physical activity can help you maintain a healthy weight and achieve a better health and cardiovascular condition. If it's difficult to schedule regular exercise sessions, find ways to incorporate small activity moments into your daily routine, such as parking further away and going up the stairs, instead of using the elevator.



**Eat Healthy:** include a variety of foods in your daily food intake, such as:

- fruits and vegetables
- whole grains (rice, bread, and pasta)
- low-fat dairy products
- skinless chicken, turkey and fish, and avoid eating them fried and breaded
- nuts and legumes (cooked dry beans)
- vegetable oil
- foods with little or no sodium
- water



**Take Care of Yourself:** get enough sleep (6-8 hours/day), manage your stress, get involved in activities that offer you wellness, practice a sport or hobby, and enjoy some time with friends and family.

Being committed to your health is not something that you have to do alone. Invite family and friends to join you in order to attain better health goals. You're still in time to adopt healthy changes that will add quality of life to your years. Consult your physician to clarify any doubts and to play it safe.