

Heart Health Awareness Month

Take Action. Protect your Heart.

Some risk factors for heart disease can't be changed, such as age and family history. Many others, like high blood pressure and cholesterol, can be controlled by taking these healthy actions.

Move more

Just adding 30 minutes of moderate activity—such as brisk walking—to your schedule 3 or 4 days a week can reduce your risk for high blood pressure, “bad” cholesterol and extra weight.

Eat smart

- Go easy on saturated fats like red meat, high-fat dairy products and processed foods—they raise blood cholesterol
- Limit salt and avoid sugary foods and beverages
- Include more fish, nuts and oats—great foods to help lower cholesterol

Manage stress

Stress is part of life. Chronic stress, however, can increase blood pressure and the risk for heart disease. Learning how to better manage it can help reduce your risk.

- Practice relaxation techniques including slow, deep breathing and yoga, among other methods
- Take time to unwind whether it's listening to music or taking a stroll in the fresh air
- Reach out for help to cope with troubling issues—talk to friends, family or a health professional

Quit tobacco

Smoking and using tobacco are major risk factors for heart disease and stroke—quit now to reduce your risk and start improving your overall health. Seek support to help you quit for good.

Turn to Us

Health Advocate can help you and your family get the help and resources you need to stay healthy. Our services are confidential and available 24/7. You, your spouse, dependent children, parents and parents-in-law are all covered.



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