

Elderly Heart Health Tips

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Maintaining cardiovascular health is essential for aging well. These evidence-based tips support heart wellness i

♥■ 1. Stay Active

Aim for **150 minutes of moderate activity** each week.

- Walking, gardening, or water aerobics are great options.
- Movement improves circulation and heart efficiency.

■ 2. Eat a Heart-Friendly Diet

Choose:

- Whole grains, fresh fruits & vegetables
- Low-fat dairy, lean protein (tofu, lentils)

Avoid:

- Excess salt, sugar, and saturated fats

■ 3. Monitor Blood Pressure & Heart Rate

- Use wearables like Lachesis to track trends
- Consult a doctor if BP is consistently above 130/85 mmHg

■ 4. Avoid Smoking & Limit Alcohol

- Quitting smoking reduces heart risk immediately
- Limit alcohol to 1 standard drink/day (max)

■ 5. Manage Stress

- Try meditation, gentle yoga, or breathing exercises
- Chronic stress can raise heart rate and BP over time

Adapted from: Mayo Clinic, Heart Foundation, WHO Guidelines for Older Adults