

Title: Heart Health Guide

1. Eat a healthy diet rich in vegetables, fruits, whole grains, and lean proteins.
2. Exercise regularly-at least 30 minutes a day for most days of the week.
3. Avoid smoking and limit alcohol intake.
4. Manage stress through mindfulness, meditation, or therapy.
5. Get regular health screenings for blood pressure, cholesterol, and diabetes.
6. Stay hydrated and get at least 7-8 hours of quality sleep each night.
7. Maintain a healthy weight to reduce the strain on your heart.
8. Monitor your vitals and report any abnormalities to your doctor.