15 TIPS FOR THE MATURE HEALTHY HEART

1. EXERCISE REGULARLY

Exercise strengthens the heart and improves blood circulation.

2. MAINTAIN A HEALTHY WEIGHT

Excess weight forces the heart to work harder and increases the risk of high blood pressure and high cholesterol.

3. EAT A BALANCED AND NUTRITIOUS DIET

Fruits, vegetables, whole grains and lean proteins help keep the heart healthy.

4. REDUCE SALT INTAKE

Consuming less salt helps control blood pressure.

5. MANAGE STRESS

Chronic stress is detrimental to the heart. Engage in relaxing activities.

6. GET ENOUGH SLEEP

Adequate sleep strengthens the cardiovascular system.

7. DRINK ALCOHOL IN MODERATION

Excessive alcohol consumption is harmful to the heart.

8. QUIT SMOKING

Smoking damages arteries and blood vessels.

9. CONTROL DIABETES AND HIGH BLOOD PRESSURE

Monitoring and controlling these conditions reduces the risk of heart disease.

10. GET REGULAR CHECK-UPS

Periodic exams help identify and treat problems before they worsen.

11. CONTROL CHOLESTEROL LEVELS

Maintaining healthy cholesterol levels reduces the risk of clogged arteries.

12. MANAGE EMOTIONAL STRESS

Anger, anxiety and depression contribute to heart problems.

13. HAVE SUPPORTIVE RELATIONSHIPS

Close connections are important for emotional and physical health.

14. PRACTICE GRATITUDE

Giving thanks helps cultivate a positive mindset, which is good for the heart.

15. BE OPTIMISTIC

A positive outlook can literally improve heart health.