

Take Charge of Your Health

Improve Your Heart Health

Heart disease is the leading cause of death in the country. The American Heart Association predicts that about 61% of U.S. adults will have some type of cardiovascular disease by 2050. Cardiovascular disease and the conditions that lead to it, such as high blood pressure and obesity, can happen at any age. Some types of heart disease include arrhythmia, heart failure, heart attack and stroke.

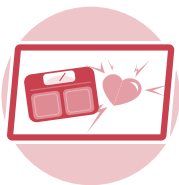
Consider the following tips for improving your heart health:



Eat heart-healthy foods. It's crucial to control portion sizes and consume a well-balanced diet rich in fruits, vegetables, whole grains and low-fat protein sources. A heart-healthy diet limits processed foods, saturated and trans fats, and sodium.



Get moving. It's recommended that adults engage in moderate-intensity aerobic activity for at least 150 minutes each week and muscle-strengthening activities two times per week. Flexibility workouts (e.g., stretching and balance) can help you maintain your exercise routine.



Maintain a healthy weight. People who are overweight or have obesity have a higher risk for heart disease as extra weight puts stress on the heart and blood vessels.



Know your numbers. Screenings are meant to detect disease before symptoms begin. A basic heart disease screening will check your blood pressure, cholesterol and blood glucose levels.



Avoid or quit smoking. Nicotine raises your blood pressure, so it's recommended to avoid smoking, secondhand smoke and vaping. New studies show that people who use e-cigarettes are more likely to develop heart failure than those who have never used them.