PUT YOUR heart INTO GETTING ACTIVE AND EATING HEALTHY

Heart disease is the leading cause of death among Americans. Risk factors such as high blood pressure, high cholesterol, diabetes, and being overweight all increase your personal risk of developing heart disease. A healthy diet can help lower or control these risk factors. So put your heart into healthy eating. Here are 5 ways to do that.

PLAN TO EAT HEART HEALTHY

Put together an eating plan that offers the balance of calories that is right for you, including vegetables, fruits, whole grains, and low/fat-free dairy products. The number of calories you need each day depends on your age and how physically active you are. Add seafood, lean meats, poultry, beans, eggs, and unsalted nuts for protein. Limit saturated fats, sodium, and added sugars. Grill, steam, or bake instead of frying and flavor with spices, not sauces.

EAT SMART

Changing your perceptions of how and what you eat really helps. Use smaller plates to help limit portion sizes. Chew slowly and really think about textures and flavors as you eat.

CHOOSE HEALTHY SNACKS

Enjoy treats with fewer calories that fit into your daily eating plan—like a cup of red seedless grapes or a small banana, a cup of cherry tomatoes, a handful of unsalted nuts, or a half cup of low/fat-free yogurt.

DINE OUT THE HEALTHY WAY

You can eat healthy in restaurants. Control portion size by eating half your entrée, and take the rest home for another meal. Limit calories by choosing foods that are broiled, baked, or roasted. Ask for low-sodium options from the menu, and leave off or ask for butter, gravy, sauces, or salad dressing on the side.
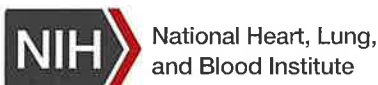
FIND HEART-HEALTHY MENUS TO ENJOY

How you eat day after day makes a real difference in your health over time. Find heart-healthy recipes and information about the Dietary Approaches to Stop Hypertension (DASH) eating plan at healthyeating.nhlbi.nih.gov.

Learn more about living a heart-healthy lifestyle at:

www.hearttruth.gov

National Heart, Lung, and Blood Institute

THE heart TRUTH

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INTO GETTING ACTIVE AND EATING HEALTHY

Heart disease is the leading cause of death among Americans, and physical inactivity is one of several major risk factors. So put your heart into getting active. Here are 5 tips to get you going.
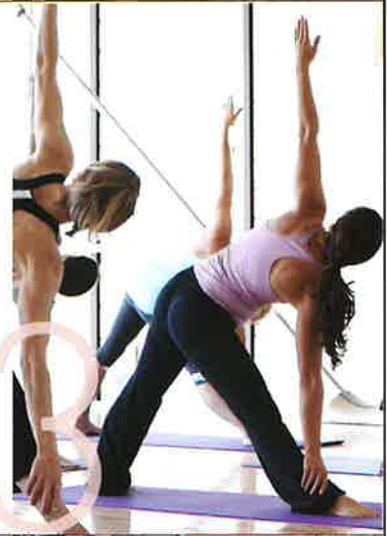
YOU DON'T HAVE TO SPEND ALL DAY AT THE GYM

Aim for at least 2 hours and 30 minutes of moderate-intensity aerobic activity each week. This can reduce your risk for heart disease and your chances of developing other risk factors, such as high blood pressure, diabetes, and being overweight. Other lifestyle benefits include providing energy, reducing stress, and building confidence.

THERE ARE NO GOOD EXCUSES

You can get active throughout the day. Take walks at work instead of coffee breaks, or just do more of what you already love—biking, dancing, and gardening all count.

A COMPLETE PROGRAM HAS THREE TYPES OF ACTIVITY

1) Aerobic activity like brisk walking, jogging, dancing, or biking gets your heart rate up. 2) Resistance training (like doing pushups) firms, strengthens, and tones muscles. 3) Flexibility exercises stretch and lengthen muscles so you're more flexible—think yoga.

CHOOSE ACTIVITIES THAT SUIT YOUR STYLE

While some people like to exercise alone, others benefit from the support of group classes or team sports. Whether indoors or outdoors, find what works for you and get your most vigorous physical activity at the time of day you feel most energetic, so you'll stick with it.

ONCE YOU GET ACTIVE, MAKE SURE YOU STAY ACTIVE

If you get bored with an activity, try something new by joining a gym or the YMCA. Set short- and long-term goals to become more physically active, and plan ahead by scheduling your physical routines into your day—that way, you'll make it a priority.

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