



# Wholesome Habits Lead to Holistic Heart Health

**How can you live a heart-healthy lifestyle and greatly reduce your risk of heart disease?**

- Get 150 minutes of exercise each week
- Don't smoke cigarettes or drink alcohol in excess
- Practice stress reduction techniques
- Know your numbers (blood pressure, cholesterol, triglycerides, blood sugar) and understand the impact of your family history
- Sleep the recommended 6-8 hours each night
- Eat a nutritious diet of fresh, whole foods

## **YOUR WELLBEING ACTIVITY**

### **FOUR CHAMBERS OF HEART HEALTH**

Almost everything you do can affect your heart, which is why this activity helps you enhance your health in four different areas—activity, nutrition, health education and stress management.