

# Be Heart Healthy!



## Get a Goodnight Sleep

One study found that people who slept 7 hours a night had less calcium in their arteries (sign of heart disease) than those who slept 5 hours or less or those who slept 9 hours or more.



## Check Blood Sugar

Millions of people with diabetes or prediabetes are unaware of their condition. Your doctor should test your blood sugar if you are 45 or older, pregnant, overweight or you have other risk factors for diabetes.



## Stay Physically Active

Aim for 30 minutes of exercise a day, 5 days a week. Break up long periods of sitting or staying sedentary. If you sit at a desk for work, make sure you get up and move around for a few minutes every hour.



## Eat Heart Healthy

Avoid eating out or getting takeout as many of these meals are high in sodium. Opt for eating more fruits, vegetables, whole grains and lean, low-fat protein.



## Don't Stress

High stress levels can be a contributor to heart attacks. Dedicate 10-20 minutes a day to relax and de-stress through meditation, yoga, deep breathing or another relaxing activity you enjoy.

