Heart Healthy Nutrition

- Bright colored fruits and vegetables
- Healthy Fats (ex: raw nuts, avocados, olive oils)
- Omega-3 Fatty Acids
- Fiber
- Calcium
- Protein

(Maulik 2013)

Heart Healthy Facts

- Heart health starts with genetics (ask your doctor about your risk for heart disease)
- Smoking and Drinking Alcohol increase your heart rate and blood pressure making you 60% more likely to get Cardiovascular Disease

(D’Agostino 2008)

Blood Pressure

- Normal blood pressure is below 120/80.
- Pre-hypertension is 120 to 139 (systolic) and/or 80 to 89 (diastolic)
- Hypertension (High Blood Pressure) is 140 or higher (systolic) and 90 or higher (diastolic).

Cholesterol

- Total cholesterol of 200 mg/dL or lower
- HDL’s of 40 mg/dL or higher
- LDL’s of 100 mg/dL or lower

(Maulik 2013)

Benefits

- Burn Calories
- Lowers Blood Pressure
- Increases HDL’s “good cholesterol”
- Decreases LDL’s “bad cholesterol”

Exercising the Heart

- Strength
- Stretching
- Cardio (30 minutes a day/ 3 time a week)

(Whyte & George 2012)

Know Your Numbers

Heart Healthy Facts

- Cardiovascular Disease is the leading cause of death in the United States
