

# Tips to take to heart

1. Maintain a healthy weight. Obesity has been shown to increase the risk of heart disease and diabetes.
3. Regular physical activity will help. Get the right balance. Make a point of getting outside and moving around for at least 30 minutes every day.
3. Control the couch potato temptations. Regulate the amount of television, computer activities and video games you engage in.
4. Good food helps a good heart:
  - Eat lots of fresh fruits and vegetables
  - Avoid fast food and fried food, and eat in moderation.
  - Lower or cut out salt or sodium
  - Take omega-3 fatty acids as in fish oil and nuts, which are associated with a lower risk of heart disease.
5. Get your cholesterol levels checked.
6. Get your blood pressure checked.
7. Get your blood sugar checked. Controlling and preventing diabetes reduce the risk of heart disease.
10. Don't smoke.
12. Reducing anxiety helps.
10. See your doctor with regularly scheduled visits.
11. Report unusual feelings, such as a racing heart, chest or feeling faint, to your doctor.
12. Any questions call your doctor.

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