Show Your Heart Some Love

Someone has a heart attack every 40 seconds, and someone dies from cardiovascular disease every 37 seconds. Fortunately, there are some steps you can take to help reduce your risk for cardiovascular disease today.

Exercise. Start slow if you have to, and work to a goal of 150 minutes a week of moderate aerobic exercise.

Eat a heart-healthy diet. Work with a dietician or nutritionist to find a diet which works for you.

Keep a healthy weight. Staying at a healthy weight is a way reduce strain on your heart.

Limit your alcohol intake. Rule of thumb for heart health: no more than two drinks per day for men, one per day for women.

Deal with stress. Working with a therapist or counselor can help you find strategies for coping with and reducing stress.

Maintain healthy blood pressure. Get your blood pressure checked, and follow your doctor's advice on how to keep it in the healthy range.

Reduce high cholesterol and triglyceride levels. A blood test can tell you if your cholesterol and triglycerides need to be managed with medicine and/or lifestyle changes.

Stop using tobacco. Your doctor can help you to quit cigarettes and other nicotine products safely.

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