Make your heart a priority

Your heart powers everything you do—from thinking and moving to simply feeling good. Taking care of it doesn't have to be complicated. Even small changes can make a big difference, helping you build habits that keep your heart healthy for years to come.

Move more

Aim to do 30 minutes of moderate activity most days. Walking, biking, or stretching strengthens your heart and improves circulation.

Eat nutritious foods

Fruits, vegetables, whole grains, lean proteins, and healthy fats fuel your heart and help maintain healthy blood pressure and cholesterol levels.

Limit salt and added sugar

Too much can strain your heart. Small swaps, like choosing fresh foods over processed, can make a big difference.

Don't use tobacco

Tobacco damages blood vessels and raises your risk of heart disease. Quitting starts helping your heart almost immediately.

Manage your stress

Stress can raise blood pressure and tire out your heart. Try taking deep breaths or a short break to help you relax and support the health of your heart.

Sleep well

Getting 7–9 hours of quality sleep a night gives your heart time to rest and recover.

Start small

It's never too late to start caring for your heart. Pick one habit to focus on this week. Every little change counts!

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