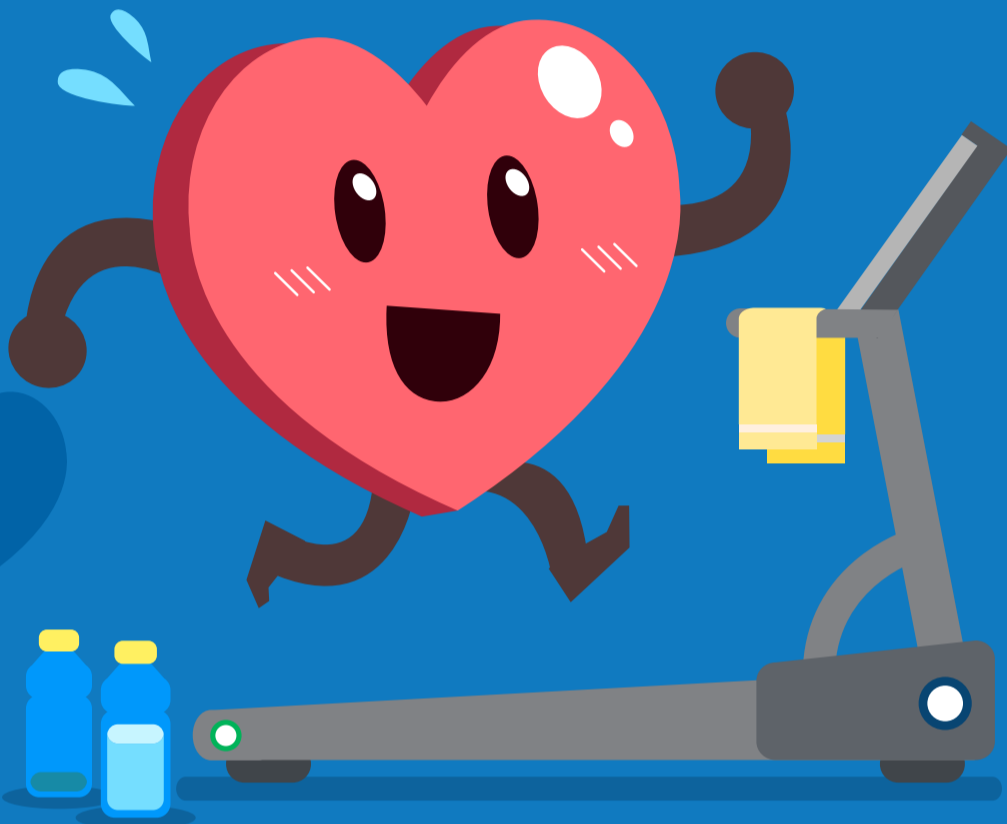


WORLD HEART DAY

SEPT 29TH 2025

5 TIPS FOR HEART HEALTH

Your health is your wealth



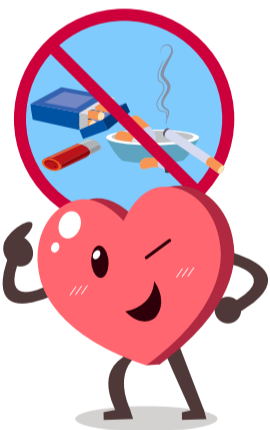
Eat a Healthy Diet

Add fruits and vegetables, whole grains, unsaturated fat, good protein (from beans, nuts, fish, and poultry), and herbs and spices. Subtract processed foods, salt, rapidly digested carbohydrates (from white bread, white rice, potatoes, and the like), red meat, and soda or other sugar sweetened beverages.



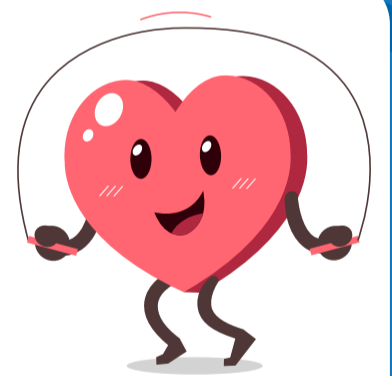
Avoid Tobacco

Smoke from cigarettes, cigars, and pipes is as bad for the heart and arteries as it is for the lungs. If you smoke, quitting is the biggest gift of health you can give yourself. Secondhand smoke is also toxic, so avoid it whenever possible.



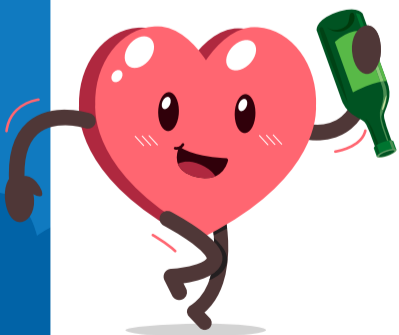
Get Active

Exercise and physical activity are about the closest things you have to magic bullets against heart disease and other chronic conditions. Any amount of activity is better than none; at least 30 minutes a day is best.



Reduce Alcohol

Drink alcohol in moderation (if at all). If you drink alcohol, limit your intake - one to two drinks a day for men, no more than one a day for women.



Aim for a Healthy Weight

Carrying extra pounds, especially around the belly, strains the heart and tips you toward diabetes. If you are overweight, losing just 5% to 10% of your starting weight can make a big difference in your blood pressure and blood sugar.

