

GET *Heart Healthy*



**Catholic
Health Services**
of Long Island

in your
20s

Put away the late night beer and pizzas of college and **ESTABLISH THE FOUNDATION OF A HEART-HEALTHY ROUTINE** that can be carried through life.



ESTABLISH AN EXERCISE ROUTINE
that allows for all three components of physical fitness (cardiovascular, strength, flexibility).



ASSESS YOUR EATING HABITS
to establish a heart-healthy diet you can live with.



Develop the routine of **7-8 HOURS OF SLEEP** each night.

in your
30s

Hopefully by now, you've taken the steps outlined above to create a heart-healthy foundation. Your 30s are all about **MAINTAINING YOUR FOUNDATION AND ADAPTING** it to the increasing demands of life.



Find creative ways to **FIT IN REGULAR WORKOUTS** despite a busy schedule.



DON'T BE TEMPTED by convenient, but unhealthy, snacks when you're traveling or at your office.



FAMILY TIME IS IMPORTANT, but be mindful to set aside time for yourself.

in your
60s

If you've lived the heart-healthy lifestyle since your 20s, it's really **GOING TO START TO PAY OFF NOW** with the help of these tips.



FLEXIBILITY IS EXTREMELY IMPORTANT so change your exercise routine to involve less weight and more reps.



Your metabolism will start to slow down so it's **IMPORTANT TO MODIFY YOUR DIET**.



GET AN ANNUAL CHECK-UP if you're healthy, more often if you're not, and learn to recognize the signs of heart disease.