Get Heart Healthy

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.
- Zzz... 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.