SUNDAY MORNING
HEALTH CORNER

American Heart Month
February

Raising Heart Health Awareness

Did you know that 25% of deaths in the US are caused by heart disease? This translates to a person dying from a heart-related condition every 40 seconds.

About 80 percent of cardiovascular diseases may be preventable at any age with simple education and action. Poor diet, lack of exercise, and other unhealthy habits can hurt your heart over time. All age groups can benefit from adapting to a healthy diet and regular physical activity.

Here are a few steps that you can follow to the reduce your risk of heart disease:

Good Nutrition. Reduce and limit intake of sodium, sugar-sweetened beverages, processed meats, and saturated fats. Instead, opt for whole fruits and vegetables, fish, fiber-rich whole grains, nuts, legumes and seeds. Make a habit of educating yourself on and checking food labels regularly.

Exercise. Getting active has endless benefits. Studies have shown that for every hour of walking, life expectancy may increase by two hours.

Monitor Cholesterol. Eating a hearty-healthy diet and maintaining a healthy weight can aid in healthy cholesterol levels.

Sleep. Amount and quality of sleep has a big impact on your mood, eating habits, internal organs and ore. Establish a good sleep cycle to ensure you are getting enough rest.

www.balmingilead.org
620 Moorefield Park Drive, Suite 150
Midlothian, VA 23236
804.644.2256

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