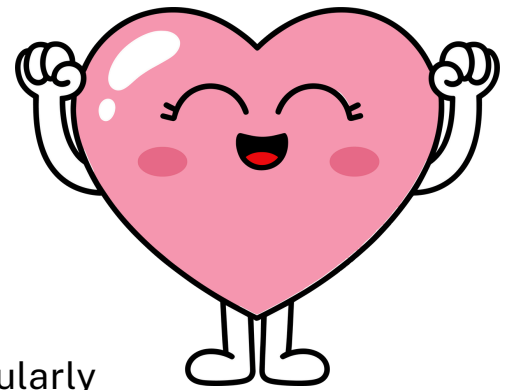




## Know Your Numbers: Ways to Improve Heart Health

Heart disease is a leading cause of death. Some risk factors can't be changed like family history, your age, or your sex. However, focus on the following tips to improve heart health:

1. Don't smoke or use tobacco
2. Aim for at least 30 minutes of activity daily
3. Eat a heart healthy diet
4. Maintain a healthy weight
5. Get quality sleep
6. Manage stress
7. Get blood pressure and cholesterol checked regularly



See CommonHealth's *Tips for Heart Health* infographic for more!

### Try It This Week: Add Heart Healthy Foods to Your Diet

#### **Eat More**



Vegetables, fruits, beans, legumes, and whole grains

#### **Take in less**



Salt, sugar, highly processed foods, and alcohol.

[Explore heart healthy recipes!](#)

### Benefits Buzz: Lifestyle Coaching

Take advantage of your benefits by using a Lifestyle coach to help you eat better, get more active, or manage a health condition!

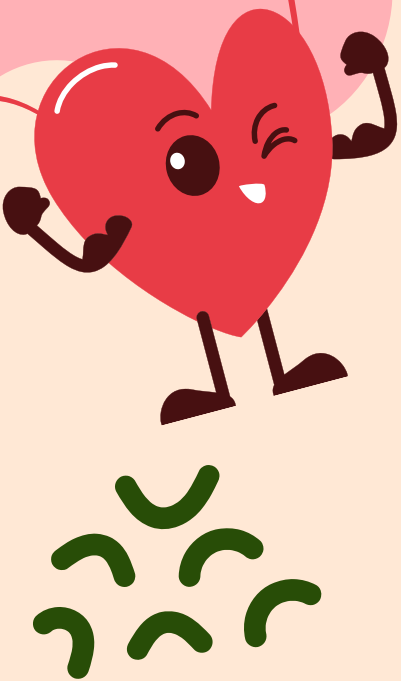
Contact your health plan using the number on the back of your insurance card to learn more!



### Connect with Us

Visit: [commonhealth.virginia.gov](https://commonhealth.virginia.gov) | Email: [wellness@dhrm.virginia.gov](mailto:wellness@dhrm.virginia.gov)

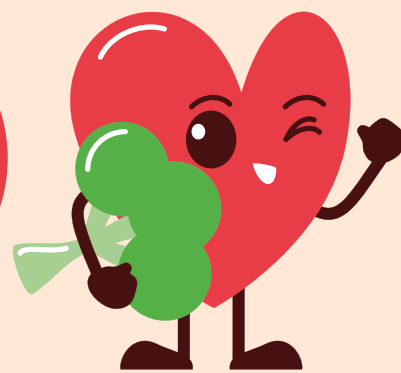




# TIPS FOR HEART HEALTH

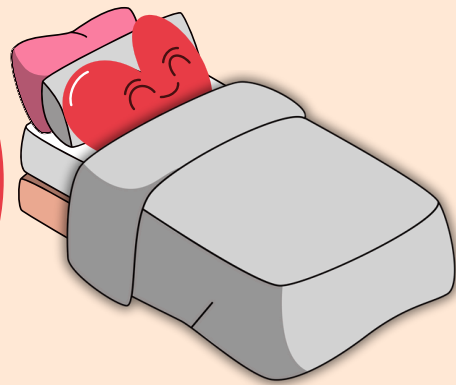
## Choose a Balanced Diet

- Include a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats.
- Limit salt, added sugar, and highly processed foods.
- Drink alcohol in moderation, if at all.



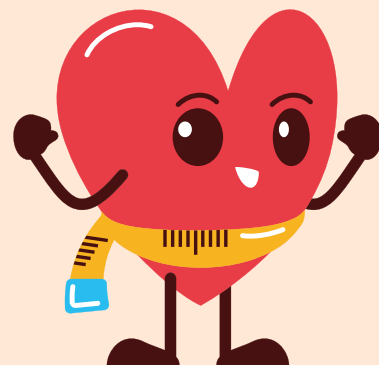
## Get Adequate Sleep

- Adults should aim for 7–9 hours of sleep a night.
- Establish a wind down routine. Dim the lights and spend 20–30 minutes doing a relaxing activity such as reading, stretching, or meditating. Avoid screens.
- Put your phone on ‘do not disturb’ mode overnight.
- Go to bed and wake up at the same time every day, even on weekends and holidays.



## Know Your Numbers

- Blood pressure
- Cholesterol
- Blood glucose (sugar)
- Waist circumference
- Body Mass Index (BMI)



## Stay Active

- Do at least 150 minutes of moderate-intensity aerobic activity a week. Any activity that makes your heart beat faster counts.
- Do muscle-strengthening activities that make your muscles work harder than usual at least 2 days a week.
- If this is more than you can do, do what you can.



## Manage Stress Healthily

- Practice meditation and/or breathing exercises.
- Be physically active.
- Talk to a professional counselor. Contact your Employee Assistance Program (EAP) for 4 free counseling sessions per concern per year.
- Avoid using alcohol, drugs, smoking, and overeating as ways to manage stress. They aren't healthy habits, and they can even add to stress.

