

Heart Health

Here are *Life's Essential 8* from the American Heart Association to keep your heart healthy.



GET HEALTHY SLEEP

Do your best to get 7 to 9 hours of sleep every night.



EAT BETTER

Have a healthy diet that is low in sodium and fats. Include fruits, vegetables, whole grains, and nuts.



QUIT SMOKING

Do not smoke, vape or use other tobacco products and avoid second-hand smoke.



BE MORE ACTIVE

Get at least 150 minutes of moderate-intensity physical activity each week.



MANAGE BLOOD PRESSURE

Check your blood pressure at home regularly and take your medication as prescribed.



MANAGE BLOOD SUGAR

Track your blood glucose levels. A healthy non-diabetic adult should have an A1C of less than 5.7%.



CONTROL CHOLESTEROL

Get your cholesterol checked. High levels put you at a major risk for heart disease and stroke.



MANAGE WEIGHT

Maintaining a healthy body weight (Body Mass Index of 18.5 to 25) is optimal for cardiovascular health.

For more information, please visit the American Heart Association website: <https://www.heart.org>.