

# ***BETter Living ...***

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## **Life's Simple 7**

Did you know February is American Heart Month? Are you taking care of one of the most precious organs in your body? Let's strive together to help our heart out and become healthier in 2018.

The American Heart Association focuses on 7 ways to reduce your risk of heart disease.

1. **Get Active** – exercise for at least 30 minutes a day for a minimum of 5 days per week. Brisk walking is adequate.
2. **Control Cholesterol** – engage in at least 150 minutes of moderate exercise a week, avoid tobacco smoke and eat a heart-healthy diet.
3. **Eat Better** – make half your plate fruits and vegetables, eat whole grains, include fish in your meals twice per week, choose low-fat dairy, and reduce the amount of added sugars and saturated fats you eat.
4. **Manage Blood Pressure** – eat a heart healthy diet, reduce sodium intake, become physically active, manage stress levels, limit alcohol intake, and avoid tobacco smoke.
5. **Lose Weight** – a reduction of 5-10 pounds can help reduce your risk of heart disease.
6. **Reduce Blood Sugar** – get physically active, reduce intake of foods that have a high sugar content including: soda, candy, and desserts.
7. **Stop Smoking** – if you smoke, quit. Quitting is the best thing you can do for your health.

By following the Life's Simple 7, you can reduce your risk of heart disease, become healthier and most definitely feel the best you have ever felt.

More information about cardiovascular health can be found online from the American Heart Association: <http://www.heart.org> or you can contact the Wabaunsee County Extension Office at 785-765-3821 or email Bernadette Trieb, [btrieb@ksu.edu](mailto:btrieb@ksu.edu).