



Keeping Your Heart Healthy

Tips for a Healthy Heart:

i. Regular Exercise

The heart is a non-stop working muscle.

Needs regular physical activity to stay strong.

Activities like:

- Skipping, dancing, tennis, and basketball are excellent for heart health.
- Aim for at least 30 minutes of rigorous exercise daily.

ii. Healthy Diet

Healthy breakfast is essential for a strong heart.

Eat a variety of nutritious foods, including:

- Fruits and vegetables.
- Whole grains.

Avoid foods high in:

- Saturated fats and trans fats (check food labels).

Reduce salt intake:

- Excess sodium (salt) consumption is harmful to the heart.

Include omega-3 fats in the diet:

- Beneficial for both the heart and brain.

iii. Active Lifestyle

Avoid prolonged sitting.

Take breaks while watching TV, playing games, or doing homework.

Walk around or stretch frequently if working for long hours.

Choose stairs over elevators whenever possible.

iv. Hydration

Drink plenty of water daily.

Avoid fizzy drinks and sugary fruit juices.