FIVE WAYS TO BOOST YOUR HEART HEALTH – TODAY.

Treat your heart right.
Heart disease is the number one killer of both men and women in the United States, but fortunately, there are steps you can take to protect your heart and boost your cardiovascular health. Knowing your risk of heart disease, heart attack or stroke, undergoing regular screenings and adopting a healthy lifestyle are excellent places to start—right now. Here’s how to do it.

Know your risk.
Uncontrollable risk factors, like age and family history, and other conditions, like high blood pressure, high cholesterol or obesity, can significantly up your risk of a cardiac event. Undergoing regular biometric screenings and adopting a heart-healthy lifestyle can help reduce your risk of heart disease, heart attack or stroke.

Practice heart-healthy habits.
What’s good for your health is good for your heart. Eating a balanced diet, managing stress, exercising, getting enough sleep and avoiding tobacco products are key to boosting heart health and reducing the risk of heart disease.

Be aware.
Regular biometric screenings and check-ups can stop heart problems before they start. Talk to your doctor about regular screenings for high blood pressure, high cholesterol and diabetes, especially if you have a family history of heart disease.

Know the signs.
The signs of heart attack are different for men and women. While both men and women may experience chest pain, men may feel pain or pressure in the chest and other parts of the body, shortness of breath and light-headedness; women may feel burning in the chest (like heartburn), nauseated or pain in the jaw, neck or arms.

Partner up.
If you have the right support system, developing healthier habits doesn’t have to be hard. Find an exercise buddy to hold you accountable or challenge a friend to a daily steps competition; prep healthier meals for the whole family; and check out the free heart health resources from Sharecare or check out the Take Charge! Live Well! website.