

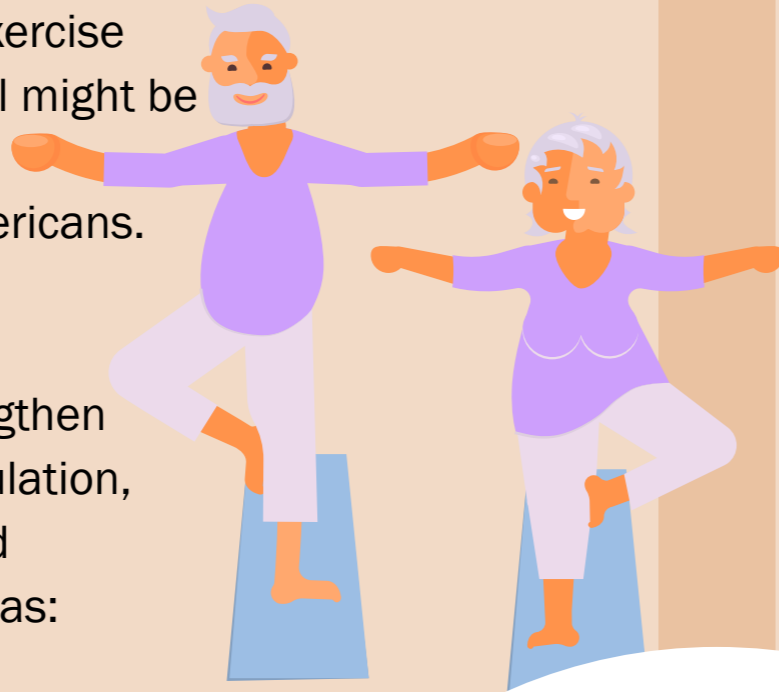
HEART-HEALTH TIPS FOR SENIORS

February is American Heart Month. What can seniors do to keep their hearts healthy? Exercise and diet play important roles in heart health at any age, but certain adjustments need to be made.

MAINTAIN PHYSICAL ACTIVITY

High-impact aerobic exercise like playing racquetball might be a bit too strenuous and risky for older Americans. But there are plenty of moderate, low-impact activities to help strengthen muscles, improve circulation, maintain flexibility, and improve balance such as:

- Yoga
- Walking
- T'ai chi
- Stretching
- Water aerobics



CHECK YOUR LEVELS

Get regular check-ups from your healthcare provider for:

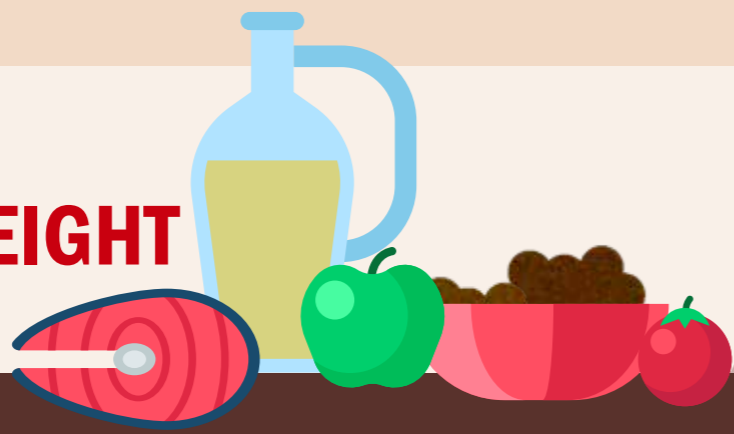
- Cholesterol
- Blood Pressure
- Blood Sugar



After age 55, many people require fewer calories than when they were younger.

As a result, the types of food you eat need to be nutrient-dense such as:

- Beans
- Lean Meats
- Nuts
- Vegetables
- Fish
- Fruits



KEEP A HEALTHY WEIGHT

Other factors contribute to heart disease such as:

Smoking – It might be time to quit

Drinking - Reduce your alcohol intake if you have more than 2 drinks per day

Stress – Try to keep it to a minimum through meditation, positive thinking, laughter, and deep breathing



AIM FOR A HEALTHY LIFESTYLE