

# How to Maintain a Healthy Heart With Age

The heart is a strong muscle that pumps blood throughout your body, keeping you going. Maintaining the strength of your heart as you age can lead to a healthier future. Learn more about how to keep your heart healthy and strong:



## **Follow a heart healthy diet**

Practicing a heart healthy diet can help to reduce your risk of heart disease, help you to maintain a healthy weight and lower your cholesterol levels. We want to aim for foods that are low in saturated fats and sugar. And load up on fruits, veggies, and other foods high in fiber.

## **Staying active**

Start by introducing physical activity into your daily routine. You don't have to be doing vigorous exercises on a daily basis. It could be as simple as going on a brisk walk with a friend, gardening, or going on a bike ride. Not only are you getting a workout, so is your heart!

## **Stay up to date on your blood pressure**

As we age high blood pressure is something we may be starting to worry about. High blood pressure can lead to a stroke, heart issues, kidney problems, and more. Managing high blood pressure is easier than you think! You can do this by exercising regularly, and reducing your salt intake through diet.

## **Manage stress**

Avoiding unnecessary stressors can be beneficial when it comes to your heart health. Stress can contribute to heart disease risk factors, including high blood pressure. Extreme stress can affect your immune system and lead to anxiety and depression which in turn causes more stress. Participating in exercise, meditation, yoga, or aromatherapy are a few ways to help reduce stress.

Adding these heart healthy practices to your life can be beneficial for you in the long run. The best part is they are very easy to incorporate. It's never too late to help strengthen your heart!

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