

# A Guide to Senior Heart Health Essentials.

Heart health is crucial at every stage of life, but it becomes even more significant as we age. With the increasing age, the risk of developing heart diseases increases. However, incorporating a few lifestyle changes can help seniors maintain a healthy heart and live their golden years to the fullest. Here are some heart-healthy tips for seniors:



## **Embrace a Heart-Healthy Diet**

One of the most important steps towards heart health is embracing a heart-healthy diet. Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol. Opt for lean protein sources like fish and poultry over red meat. Don't forget to include whole grains and low-fat dairy products in your diet. Remember to add, not subtract - make healthier choices rather than just cutting out food.

## **Stay Active**

Physical activity is paramount not only for maintaining a healthy weight but also for strengthening the heart. It helps lower blood pressure and cholesterol levels, both of which are major risk factors for heart disease. Aim for at least 30 minutes of moderate exercise, such as walking, five days a week. Remember, it's never too late to start!

## **Maintain a Healthy Weight**

Maintaining a healthy weight reduces the load on your heart and prevents conditions like diabetes and high blood pressure, which can lead to heart disease. Regular exercise and a balanced diet are key to achieving and maintaining a healthy weight.

## **Monitor Your Health Numbers**

Knowing and monitoring your health numbers, including blood pressure, cholesterol levels, and blood sugar, can help you stay on top of your heart health. Regular check-ups with your healthcare provider will ensure that any changes are detected early and managed appropriately.

## **Get Adequate Sleep and Manage Stress**

Good quality sleep and stress management also play a crucial role in heart health. Chronic sleep deprivation and stress can increase the risk of heart disease. So, make sure to get 7-9 hours of sleep per night and incorporate stress-reducing activities like yoga, meditation, or deep breathing exercises into your routine.

In conclusion, maintaining heart health as you age doesn't have to be complicated. By following these simple yet effective tips, seniors can significantly improve their heart health and overall well-being.

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