

# AFFAIRS OF THE HEART



## PROTECTING YOUR HEART

- **Get Moving!** Exercise at least five (5) days a week for 30 minutes.
- **Choose whole foods:** If it doesn't sprout or rot, throw it out! Processed foods are high in saturated and transfatty acids, which contribute to elevated lipid levels and increased risk for diabetes.
- **Eat more monounsaturated-'heart healthy' fats:** avocado, almonds, olives, olive oil. Studies show that by increasing your intake of these 'protective' fats, you can lower LDL and total cholesterol.
- **Get at least eight (8) hours of sleep every night!** Clinical studies show that people who are sleep deprived are 35% more likely to overeat, and the risks for developing chronic disease increases almost two-fold, when you are chronically sleep deprived.
- **Stress Management Tools:** Take at least 10 minutes a day to sit quietly and focus on your breath. Make sure you turn your phone off and separate yourself from any other distractions. Doing this once daily can reduce the output of stress hormones, which lead to imbalanced blood sugar and often, poor food choices.

February is Heart Awareness Month!