Keep Your Heart Healthy
Your heart pumps all day and it’s your hardest working muscle. Keep it going for years to come with these tips:

1) **Exercise!** Anything physical that gets your heart rate up for 20-30 minutes, 5 days a week.

2) **Don’t spend all day sitting.** Build in breaks from your sitting and get up to walk around every so often.

3) **Eat plenty of fruits and veggies.** The tried and true classics are good for all aspects of your health.

4) **Stop smoking.** You’ve heard it before, but it hasn’t changed. Smoking raises your risk of heart disease among other health issues.

5) **Relax.** Stress raises adrenaline and can overwork the heart. Exercise, yoga, or talking to a friend or counselor can help.

6) **Sleep well.** Sleep is when our body recovers. When you sleep, your heart rate and blood pressure go down, giving your heart a much-needed break.