



Keys to a Healthy Heart



LAUGH OUT LOUD!

Just as negative emotions such as depression, anger and hostility are risk factors for heart attack and stroke, happiness seems to protect the heart. Happy people tend to sleep better, eat better, smoke less and get more exercise! All of these things lower heart disease risk. What better way to be happy then to start with humor and laughter.

- A hearty laugh causes the lining of blood vessel walls called endothelium to relax, increasing blood flow for up to 45 minutes after a laugh attack.
- When laughter is shared, it binds people together and increases happiness and intimacy.
- In addition to the domino effect of joy and amusement, laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress.
- Best of all, this priceless medicine is fun, free, and easy to use.

OUR RX: Look for the funny in life!!



Your Heart Health is no laughing matter . . . or is it??!



The Medical
Center of Plano