



Small Choices, Stronger Heart



A healthy heart isn't the result of one big change—it's shaped by everyday habits over time. The encouraging part? Even modest adjustments can make a real difference. Try a few of the ideas below and build gradually.

Nourish your body

You don't need a flawless diet to support your heart—just realistic, sustainable improvements.

- Add an extra fruit or vegetable to your meals or snacks.
- Choose whole grains when possible, like oatmeal, whole-wheat bread, or brown rice.
- Replace one sugary beverage with water or a low-sugar alternative.
- Keep simple, heart-friendly snacks on hand such as yogurt, nuts, or hummus.
- Aim to fill about half your plate with vegetables when you can.
- Lower sodium slowly by seasoning with herbs, lemon, or garlic instead of salt.
- Cook at home one more time per week—even a single meal helps.

Move your body more often

Your heart benefits from regular movement, even if it's gentle or brief.

- Take a 10-minute walk after eating.
- Park farther away or use the stairs when it's practical.
- Add short stretch or movement breaks during your workday.
- Try a beginner workout video or dance to a favorite song.
- Remember: consistency matters more than intensity.

Care for your stress and sleep

Stress and poor sleep can impact blood pressure and overall heart health. Prioritizing rest and relaxation supports your nervous system.

- Create a calming bedtime routine—dim lights, silence notifications, and unwind.
- Aim for small sleep improvements, like going to bed 15 minutes earlier.
- Take one minute to breathe slowly when you feel overwhelmed.
- Reduce screen time before bed; try music or meditation instead.
- Reach out for support when you need it—managing stress is easier with help.

Find what feels good

Caring for your heart doesn't have to feel like a chore. When habits feel enjoyable, you're more likely to keep them up.

- Choose activities you actually like.
- Experiment with different foods, workouts, or routines.
- Pair healthy habits with things you enjoy (music, podcasts, time with friends).
- Notice how good you feel after taking care of yourself.
- Let that feeling motivate your next small step.

