



Healthy habits, happy heart

You can help avoid future heart problems by making healthy changes today. And the same habits that help keep your heart strong also reduce your risk for other conditions – another good reason to take these health tips to heart.

Know your numbers

Get regular screenings with your doctor to keep tabs on your blood pressure and body mass index (BMI). Blood pressure over 120/80 and BMI of 25 or higher are both linked to increased risk for heart disease and stroke.*

Stand up for your health

The more you sit, the higher your risk for heart problems. Try standing when you'd normally sit, like when you're watching TV – or setting a reminder on your phone to get up and move once an hour.

Get the facts on fats

Some fats are healthier than others. Unsaturated fats like olive oil and avocado are considered superfoods you should eat often – whereas you should limit saturated fats like butter, and avoid trans fats altogether.

Visit kp.org/heart.

*American Heart Association

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