



Feelings aside, following these simple **HEART** steps can help keep cardiovascular diseases away. Here's how to keep it pumping happy long and good.



Heart Healthy Diet

Maintaining a well-balanced, low salt and fat diet is essential for a healthy heart. If you are a diabetic, a low sugar diet is key. Rest assured for all you with a sweet tooth, you can still have your chocolate but opt for bittersweet chocolates instead. Follow these steps and you will reduce your risk of not only getting valvular heart disease but also atherosclerosis formation and heart attack.

Exercise Regularly

A healthy diet goes hand in hand with regular exercise. Generally, exercising 30 -45 minutes, 3 to 5 times a week is highly recommended. Aim for at least 150 minutes of moderate intense aerobic activity. Design an individualized exercise program with your healthcare professional to achieve a practical goal. Therefore, put on your running shoes and show Usain Bolt who is the king of the tracks. Exercise is also a great way to de-stress as it triggers the release of endorphin, the feel-good hormone. So get up from that lazy couch and move your body.

Avoid tobacco

Tobacco consumption is a risk factor for many cardiovascular diseases including valvular heart disease. The saying stop smoking or die trying should be chanted on a daily basis. If you smoke, it is time to kick the habit. Make a commitment today and get help from IJN Quit Smoking Clinic.

Routine dental care

Aside from the brilliant smile, healthy gums and teeth will keep heart-valve-damaging-bacteria at bay. Maintaining good oral hygiene is important as well as dental health so make it a point to visit your dentist at least once a year!

Take a Chill Pill

Don't stress! There are more than 1,400 biochemical responses to stress, including an increased heart rate, sweating, tight chest, and high blood pressure. If you do not manage your stress well, it can lead to chronic stress. Learn to relax your body on a daily basis to keep your heart happy.