



Community
Health Development, Inc.

Heart Health Tips

Here are steps you can take:

1. Eat healthy:

Your meals should be mostly fruits, vegetables, whole grains, low-fat dairy, poultry, fish, and nuts while limiting red meat and sugary foods and drinks. Bonus: Eating a heart-healthy diet can help you lose weight, which may help lower your cholesterol.

2. Move more:

Aim for 30 minutes of heart-pumping activity most days of the week. Think brisk walking, bicycling, and swimming.

3. Quit smoking:

No matter how long you've been a smoker, you will still benefit from quitting.

4. Avoid secondhand smoke:

Even if you don't smoke, being around it can raise your risk of heart disease.



CHDI has a new program for patients with uncontrolled hypertension. To find out if you qualify for a free blood pressure monitor, please schedule a visit with your provider.

Don't Wait. Make an appointment today:

visit www.chdi4health.org or call **830-278-7105**