

Healthy Heart

Heart disease has become a major health issue in America today. From the foods we eat to the lifestyle we choose, it places us at risk for developing heart disease and complications from it. Routine check-ups with your Primary Care Physician can help in identifying and treating heart disease early on. Here are some tips to help reduce your chances of heart disease.

4 Everyday life tips for a health heart:

1. Wellness check-ups with your Primary Care Physician with added cholesterol level checks. Routinely assessing your health and wellness can aid in the identification of high levels of cholesterol levels so that you can take control early on.
2. Exercise. Exercising for 30 minutes a day has proven to improve cardiovascular strength and reduce the risk of heart disease.
3. Alcohol and smoking cessation. Limiting your amount of alcohol consumption and smoking use can greatly reduce the stress and aggravation that is caused on the cardiovascular system when using these substances. “Kick the Habit” and reduce your chances of heart disease.
4. Obesity and weight loss. People who are overweight or obese are at an increase of heart disease and other major health complications. Manage your weight, watch your diet, and help reduce your chances of developing heart disease.

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