

The AWARD-WINNING
UNIONTOWN HOSPITAL
CARDIOLOGY DEPARTMENT
Recommends The Following
Steps To Living A

Heart
Healthy
Life



1. REGULAR EXERCISE

If it is simply a brisk walk following dinner or a full-blown aerobic workout and strength conditioning plan, moving and being active is a significant way to maintain your heart health. The American Heart Association (AHA) recommends at least 30 minutes of moderate intensity aerobic activity at least five days a week and at least 25 minutes of moderate strengthening activity at least two days per week to maintain a healthy heart.



2. EAT HEALTHY

Consuming a well-balanced, low-fat, low-cholesterol diet is a pivotal key to heart health.

AHA Tip: Avoid nutrient-poor junk food like chips, chocolate bars and sugary snacks



3. TAKE ALL MEDICATIONS AS PRESCRIBED



4. DO NOT SMOKE

Not smoking at all is the best way to take care of your heart, but consider this: if you are a smoker and you quit, one year of smoke-free living will reduce your risk of coronary heart disease by 50 percent.



5. ATTEND ALL SCHEDULED DOCTOR'S APPOINTMENTS

Follow through with lab tests and other diagnostic testing.



6. LIMIT YOUR INTAKE OF ALCOHOL



7. MAINTAIN A HEALTHY WEIGHT

The better proportioned your body is, the better it can function and avoid taxing your heart with additional work.

AHA Tip: Use up as many calories as you take in each day through exercise and active living.



8. MANAGE YOUR STRESS

Stress for you puts added stress on your heart. Focused breathing, finding daily pleasures and making time specifically to relax are good ways to help reduce stress and its effects on the heart.

UNIONTOWN HOSPITAL
Making A Healthy Difference

*We Are Here
For You!*