

6 heart ♥ healthy tips for seniors



Keep moving

Thirty minutes of exercise at least five days a week is the gold standard for reducing the risk of heart disease, heart attacks, diabetes and many more health issues. Fortunately, starting an exercise routine later in life still comes with big benefits. The real key to success is sticking to it.



Good health starts with good company

People laugh more easily with others, eat better with friends, and are more likely to stick to a workout if they have a buddy. So, it comes as no surprise that if you enjoy your good habits – and do them with a friend – you’re more likely to keep up the good work.



Eat for heart health

Even small changes in your diet – like preparing meals at home and adding more vegetables to your plate – can give you greater control over your heart-health metrics. If you do purchase processed or premade foods, read the labels and avoid excessive salt, sugar and fats.



Get your beauty rest

Whether you’re a night owl or an early bird, aim for seven to eight hours of good sleep each night. Lack of sleep is linked to an increased risk for type 2 diabetes, obesity and high blood pressure. If you’re struggling to get adequate shut-eye, talk to your doctor so you can get the rest you need.



Caring for your mind is caring for your heart

Reducing stress is good for brain and heart health. Studies show that anxiety, depression and chronic stress can all increase your risk for heart disease. Try adding meditation, walks in nature and fun with friends to your heart-healthy routine – your heart and mind will thank you.



Be your heart’s advocate

The symptoms of heart disease aren’t always clear, making regular checkups critical for monitoring heart health. The next time you visit your doctor, ask them to check your cholesterol, blood pressure and blood glucose levels. At home, use a fitness tracker to monitor your heart rate, sleep and the intensity of your exercise throughout the day.



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