



Know Your Numbers: Building a Strong Heart for Life

Heart health focuses on keeping your cardiovascular system strong and resilient through daily habits, prevention, and awareness. Since heart disease is one of the leading causes of illness worldwide, lifestyle-based wellness plays a critical role.

Nutrition for a Healthy Heart

- Emphasize fruits, vegetables, whole grains, and legumes
- Limit excess salt, sugar, and ultra-processed foods

Physical Activity & Movement

- At least 150 minutes of moderate exercise per week
- Benefits of walking, cycling, swimming, and strength training
- Reduces blood pressure, improves cholesterol, boosts circulation

Stress Management & Mental Health

- Chronic stress increases heart disease risk
- Techniques: mindfulness, deep breathing, yoga, and adequate rest
- Importance of work-life balance

Sleep & Heart Health

- 7–9 hours of quality sleep per night
- Poor sleep linked to high blood pressure and inflammation

Healthy Lifestyle Choices

- Avoid smoking and excessive alcohol
- Maintain a healthy weight
- Stay hydrated



Try It This Week: Add a 20-Minute Walk to Your Day

Why it helps:

- Lowers blood pressure
- Improves cholesterol levels
 - Reduces stress
- Strengthens your heart – fast



Benefits Buzz: Build a Better Meal

A healthy meal for heart health focuses on whole, nutrient-rich foods that support strong circulation and healthy cholesterol levels. Filling half the plate with colorful vegetables and fruits provides fiber and antioxidants that help protect the heart.

See CommonHealth's **Build a Better Meal** campaign for [tips](#) to help with planning, shopping, and preparing healthy meals.

[Build a Better Meal Tips](#)



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