



As Heart Month progresses, we will continue to focus on ways to keep your ticker going strong!

Aim for lucky number seven

The next time you're tempted to stay up later than you should, just think about how good that pillow will feel and how good a full night's sleep is for your heart. Studies have shown that middle-age adults who slept 7 hours a night had less calcium in their arteries (an early sign of heart disease) than those who slept 5 hours or less or those who slept 9 hours or more.

Slash saturated fats

Too much "bad" cholesterol can clog the heart and arteries with dangerous plaque. Adults should get a cholesterol blood test at least every 5 years. Do you know your cholesterol level?

It mostly comes from saturated and trans fats, found in red meat, full-fat dairy products, and fried or processed foods. Cut back on these products and cut out trans fats completely (*check ingredients lists for anything that says "hydrogenated" or "partially hydrogenated" -- those are trans fats*).

Source: <http://www.webmd.com/a-to-z-guides/prevention-15/heart-healthy/12-tips-for-better-heart-health>



"Your new pacemaker comes with Pandora"

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