25 tips for a healthy heart

Eat more of grains, vegetables, beans, greens, fruits, fish, seeds, & yogurt.

Eat less of milk, cheese & nuts.

Add Garlic to your recipes.

Beta-carotene rich foods like carrots, cabbage, sweet potatoes and dark leafy greens.

Reduce sodium intake to no more than 1 1/4 teaspoons of salt per day.

Eat regular meals.

Drink water throughout the day.

Switch from coffee to tea.

Exercise regularly.

Take the stairs instead of an elevator or escalator at school.

Do Housework take it as an extra chance to exercises.

Healthy weight should be maintained.

Quit Smoking.

Avoid Alcohol.

Sleep adequately.

Blood Pressure should be monitored.

Cholesterol should be monitored.

Work Schedule should be regular to avoid too much stress.

Practice stress-reduction techniques such as deep-breathing, yoga & meditation.

Laughter is a good medicine.

Medical Check-Ups should be done regularly.

Control Diabetes.

Family History of cardiovascular disease should be known.

Love Give it & receive it.

Medication prescribed by Dr. should be taken.

Have a healthy life.
Have a happy life!