Don’t Break My Heart

15 Tips to Be
#HeartHealthy

TRICARE®

Don't Break My Heart

HEART HEALTH
Tip #1

KNOW YOUR HEART HEALTH NUMBERS

You need to know if you're at risk before you can take action to lower your risk! Talk to your doctor about your cholesterol levels (good and bad), triglycerides, blood pressure, weight and body mass index (BMI) numbers.

www.tricare.mil/Preventive

TRICARE®

Love YOUR ♥

TRICARE®

Don't Break My Heart

HEART HEALTH
Tip #2

TARGET TRIGLYCERIDES

Triglycerides are a better marker for high risk of diabetes and heart disease. You should shoot for a level of 150 or lower. Triglycerides are also more responsive to lifestyle changes and other types of blood fats. Your triglyceride can drop 30% to 50% just by reducing saturated fats and reducing your weight.

www.tricare.mil/Preventive

TRICARE®

Love YOUR ♥

TRICARE®

Don't Break My Heart

HEART HEALTH
Tip #3

DE-STRESS YOUR HEART

Did you know that stress raises blood pressure, heart rate, and levels of stress hormone cortisol? Unplug yourself from the days news cycle and your mobile phone. It's good for you and your ticker.

www.tricare.mil/Preventive

TRICARE®

Love YOUR

TRICARE®

Don't Break My Heart

HEART HEALTH
Tip #4

FOCUS ON THE MIDDLE

According to research, carrying too much weight around the middle raises blood pressure, affects blood lipids (and not in a good way), and does other damage to the heart. Abdominal exercises are good, but remember: it's calories in (what you eat) and calories out (how you exercise) that will make a difference.

www.tricare.mil/Preventive

TRICARE®

Love YOUR ♥

TRICARE®

Don't Break My Heart

HEART HEALTH
Tip #5

QUIT SMOKING

Smoking is one of the top controllable risk factors for heart disease. Need an added incentive? Doctors have said that you start to improve your heart health within minutes of quitting. After one year, your heart disease risk is cut in half - and after 10 years of not smoking, your heart disease risk is the same as for someone who has never smoked.

www.tricare.mil/Preventive

TRICARE®

Love YOUR ♥

TRICARE®

Don't Break My Heart

HEART HEALTH
Tip #6

PLENTY OF FISH IN THE SEA

Studies have shown that including fish high in omega-3 fatty acids (i.e. salmon, herring, sardines and tuna) into your diet can reduce the risk of heart disease by a third or more! And, many doctors agree that the heart healthy benefits outweigh the possible risks of exposure to toxic elements like mercury content in fish.

www.tricare.mil/Preventive

TRICARE®

Love YOUR

TRICARE®

Don't Break My Heart

HEART HEALTH
Tip #7

REDUCE YOUR SALT INTAKE

High blood pressure is a major risk factor for heart disease, and reducing your salt intake can help lower blood pressure. Try to cook with herbs instead of salt. Read food labels to see how much salt is in prepared foods. You should aim for consuming less than 2.3 grams [about a teaspoon] of salt per day.

www.tricare.mil/Preventive

TRICARE®

Love YOUR ♥

TRICARE®

Don't Break My Heart

HEART HEALTH
Tip #8

GET YOUR ZZZZZZZZZZZ'S

People who sleep less than 7 hours per night have higher blood pressure and higher levels of the stress hormone cortisol. This makes arteries more vulnerable to plaque build up. In fact, research shows that if you don't get enough sleep, you're more than twice as likely to die of heart disease. Avoid caffeine after noon and develop a stress-free wind down ritual before bed.

www.tricare.mil/Preventive

TRICARE®

Love YOUR

TRICARE®

Don't Break My Heart

HEART HEALTH
Tip #9

GO GREEN

Sipping green tea has many health attributes. Now, studies from the National Institutes of Health (NIH) that focus on black and green varieties show that drinking tea can improve arterial health.

www.tricare.mil/Preventive

TRICARE®

Love YOUR ♥

TRICARE®

Don't Break My Heart

HEART HEALTH
Tip #10

GET NUTTY

Almonds, walnuts, pecans and other tree nuts pack a powerful punch for lowering your risk of cardiovascular disease. The American Heart Association suggests that you substitute foods high in saturated fats with nuts to reduce bad (LDL) cholesterol.

www.tricare.mil/Preventive

TRICARE®

Love YOUR ♥

TRICARE®

Don't Break My Heart

HEART HEALTH
Tip #11

BREATH AND STOP

Research suggests that during aerobic workouts, interval training - varying your speed and intensity in shorts bursts - will boost your calorie burn. Wear a heart rate monitor and hit your target heart rates.

www.tricare.mil/Preventive

TRICARE®

Love YOUR ♥

TRICARE®

Don't Break My Heart

HEART HEALTH
Tip #12

REDUCE THE FAT

Slicing your fat intake to no more than 30% of your daily calories will help cut your risk for heart disease. If you don't normally read labels or count calories, think twice before you savor you next meal.

www.tricare.mil/Preventive

TRICARE®

Love YOUR ♥

TRICARE®

Don't Break My Heart

HEART HEALTH
Tip #13

INDULGE IN CHOCOLATE

Rich, dark chocolate not only tastes delicious, the flavonoids it contains can help ward off heart disease according to a study published in the American Journal of Clinical Nutrition.

www.tricare.mil/Preventive

TRICARE®

Love YOUR ♥