

# Heart Healthy Tips

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Healthy hearts are made by small habits.



**Take your medications** as prescribed (even when you feel well)



**Know your #s** – blood pressure, cholesterol, & blood sugar



**Move daily.** Even a 20-30 minute walk can strengthen your heart.



**Eat heart-smart** with more fruits, veggies, whole grains & less salt/ processed food



**Don't smoke.** If you do we can help you stop with support & cessation aids



**Get enough sleep** as poor sleep can increase risk of heart disease

## Questions?

Our pharmacy team is here to help with questions or concerns related to your heart health.