



### BEATING HEARTS

# Healthy Hearts

Our hearts play a big role in our health. For this reason, it is important that we know how to maintain a healthy heart. Below are some things you can do to keep your heart healthy.



#### **Exercise**

Have at least 30 minutes of exercise each day. Regular exercise strengthens muscles, including heart muscles, making the heart more efficient when pumping blood.



#### **Eat Healthfully**

Eat the recommended daily servings of food from each food group. Avoid consuming excessive amounts of fat, salt, and sugar. Too much fat and sugar can cause heart blockage while too much salt can cause high blood pressure, which damages the heart and blood vessels.



#### **Do Not Smoke**

Smoking is bad for our health. Stay away from people who are smoking. Chemicals found in smoke can speed up heart rates, causing our heart to work harder than it should. These chemicals also damage blood vessels, which can cause clots in blood vessels and our heart.

Make a habit of doing these and you will be able to maintain a healthy heart.