Your HEART your HEALTH

- MOVEMENT- “Sitting is the new smoking”. Get up! Move! Do anything…Dance, walk. Make sure to get up from sitting for 5 min EVERY HOUR!!
- COMMUNITY- This is SO important! If you live alone, make sure to reach out and make plans, meet someone for lunch, see a show, have a good phone chat! We are social creatures and are not meant to live in isolation!

- NUTRITION- FAT is not the DEMON, S U G A R is.

    - Basically, following a Mediterranean Diet is the best broad advice.
    - Incorporating more plant-based meals into your week. Add more seeds, nuts and tofu!
    - Avoid processed foods as they are loaded with sodium and sugars.
    - Eat your veggies!! Eat the **RAINBOW !** Diversity is KEY.
    - Avoid all trans fats (margarine, Crisco) they are in most processed foods.
    - Eat “healthy fats”, avocado, grass fed butter, olive oil (low heat only), salmon, trout & tuna. Organic nuts.
    - Dispose of ANY “yellow” oils
    - Focus on low glycemic fruits (berries, apples, oranges)

- Add legumes & whole grains for fiber.
- Meats – Only grass Fed/organic, Chicken- Free range/organic, Eggs-Organic Free range. AVOID processed luncheon meats.

- STRESS – Affects everything! Stressors will always be here.
  - Learn how to manage your RESPONSE to stress, instead of REACTING.
  - Add in Box Breathing to instantly shift your nervous system

    How to do Box Breathing

    Step 1: Breathe in, counting to four slowly. Feel the air enter Your lungs.

    Step 2: Hold your breath for 4 seconds. Try to avoid inhaling or Exhaling for 4-5 seconds.

    Step 3: Slowly exhale through your mouth for 4 seconds.

    Step 4: Repeat steps 1 to 3 until you feel re-centered.
  - Try a Guided Meditation- Link is below
    - https://youtu.be/rO0MT1oPPK4?si=r841VW07E-kipYbX
  - Vagus Nerve- Hum, Sing! Laugh! See other ideas in the link below.
    - https://www.youtube.com/watch?v=1zJTSAFEECc
- Nature- This is a proven way to reduce STRESS! Walks in the woods, by the ocean both will shift your biology!
  - Cuddle with pets- This is such a wonderful way to calm your nervous system.
- Gratitude-
  - Create a Gratitude practice-Look for things to be grateful for.
  - Write down 5-10 things you are thankful for each day
  - It is a “muscle”- The more you do it, the easier it gets!

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LINKS

https://www.helpguide.org/articles/relationships-communication/i-feel-lonely.htm

https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/stress-and-heart-health

https://www.health.harvard.edu/staying-healthy/loneliness-has-same-risk-as-smoking-for-heart-disease

https://theheartfoundation.org/2019/08/10/is-sitting-the-new-smoking/

https://www.uclahealth.org/news/health-benefits-gratitude

https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-well being/thankfulness-how-gratitude-can-help-your-health

https://www.rupahealth.com/post/what-is-a-heart-healthy-diet-and-who-should-follow-one

https://www.ifm.org/news-insights/nutritional-controversies-heart-disease-functional-medicine-cardiologists-perspective/