



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

- o Add legumes & whole grains for fiber.
- o Meats – Only grass Fed/organic, Chicken- Free range/organic, Eggs-Organic Free range. AVOID processed luncheon meats.
- o STRESS – Affects everything! Stressors will always be here.
 - o Learn how to manage your RESPONSE to stress, instead of REACTING.
 - o 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.

- o Try a Guided Meditation- Link is below
 - <https://youtu.be/rO0MT1oPPK4?si=r841VW07E-kipYbX>
- o Vagus Nerve- Hum, Sing! Laugh! See other ideas in the link below.
 - <https://www.youtube.com/watch?v=1zJTSAFEECc>
- o 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-
 - o Create a Gratitude practice-Look for things to be grateful for.
 - o Write down 5-10 things you are thankful for each day
 - o 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/>

