**Ten tips to keep your heart   
happy and healthy**

Did you know? Heart disease is one of the most common health concerns for men and women.

Keep your heart happy and healthy for years to come. Try these tips:

* Eat heart-healthy foods like leafy greens, salmon, tomatoes and oatmeal.
* Choose more fruits and veggies. Eating five to nine servings a day can help prevent heart disease.
* Use less salt to reduce your risk of a heart attack.
* Get moving for 30 minutes a day, most days of the week to improve your health and reduce your risk for heart disease.
* Stress less. Studies show people who are stressed have more heart attacks and strokes than those who aren’t. Try yoga or meditation.
* Lose a little. Even if you’re not overweight, carrying extra weight can raise your blood pressure and damage your heart.
* Cut out the tobacco. If you smoke, it doubles your chances of having a heart attack.
* Rethink drinking. Drink alcohol in moderation.
* Get screened. Talk to your doctor about how often you should have your blood pressure, cholesterol and other lab work tested.
* Take medicines as prescribed by your doctor.

To learn more about your heart and to calculate your risk for heart disease,   
visit **healthpartners.com/heart.**