

## February is American Heart Month

# Show some love to your **HEART**



Make activity a part of your day

- 150 minutes of moderate exercise or 75 minutes of vigorous exercise per week
- Muscle strengthening activity two days per week

## GOAL



Check your blood pressure and cholesterol levels routinely

- Blood pressure of 120/80 mmHg or less
- LDL Cholesterol of 100 or less
- HDL Cholesterol of 60 or more

## GOAL



Incorporate nutrient-dense meals and snacks

- 5 or more servings of fruits and vegetables per day
- Incorporate heart healthy unsaturated fats into your meals found in nuts, olive oil and fish such as salmon
- Limit high-sodium foods such as deli meats, canned soups and frozen meals

## GOAL



Take time to de-stress

- Laugh more—Laughing lowers levels of stress hormones
- Exercise daily to release mood-boosting chemicals (endorphins)
- Unplug—Take time away from your phone, TV, emails, etc.
- Relax—Consider practicing breathing techniques or meditation

## GOAL

For more information check out [youlivewell.coastal.edu](http://youlivewell.coastal.edu)

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