



Be young at heart

Your state of mind has a big impact on how you feel, so live a little – and live a little healthier. Turn on the music and bust a move. Try a new class at your local gym. And to enliven your diet while keeping blood pressure in check, flavor foods with more spices and less salt. Here are more ways to help stave off heart problems.

Know your numbers.

Regularly check your cholesterol, blood pressure, and body mass index.

Be a quitter.

If you smoke, make quitting – for good – a priority.

30 minutes for health.

Aim for 30 minutes of moderate physical activity most days of the week.

LEARN MORE

Visit kp.org/betterrhythm to learn more about heart health.

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