

3 Tips for Heart Health This Winter



Keep your Cool: Learning to relax is important for heart health

- ♡ Physical exercise like walking or swimming can bring on a more relaxed state
- ♡ Mind-body practices like yoga, tai chi, or meditation bring on a more relaxed state
- ♡ The key is to do something (*or many things*) regularly



Weather Warning: Take it easy while shoveling

- ♡ Bundle up! Cold air causes blood vessels to constrict as the body tries to prevent heat loss, and this can reduce blood flow to the heart and raise your blood pressure
- ♡ Push, don't lift. Try an ergonomically designed shovel that lets you push snow instead of lifting it
- ♡ Rather than starting full force, begin slowly so your muscles get a chance to warm up. Rest often!



Warm up your Heart: Give your heart a workout

- ♡ When you think of strengthening your muscles, you probably think first of weight training to build the muscles in your limbs, torso, or your skeletal muscles. Many forget the heart is a muscle too!
- ♡ Cardiovascular exercise is the best way to ensure you are giving your heart a real workout and strengthening your cardiac muscles
- ♡ 30-60 minutes of moderate cardiovascular activity most days of the week is recommended

