

South Central's Health on Blast

American Heart Health Awareness

- Heart disease is the leading cause of death for both men and women in the United States.

5 Essential Heart Health Habits

- Get Moving with Exercise
 - Cut Fat
- Practice Portion Control
 - Eat Functional Foods
 - Reduce Salt

Great Heart-Friendly Exercises

- Walking
- Climbing Stairs
- Bike Ride (with pedals not a motor)
 - Swimming
 - Dancing
 - Tai Chi

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The Best (and Tastiest) Foods for Your Heart

Salmon

Nuts

Blueberries

Spinach

Olive Oil

Whole Grains

Brown Rice

Lean Poultry

Dried Beans