

WANT TO UP YOUR HEART HEALTH GAME AND KEEP YOURSELF MORE ACCOUNTABLE?

We've got your back! Check out our new accountability chart for a week of wellness.

For over 20 years, The Heart Foundation has been striving for a world where no life is lost to heart disease. We are inspired by Steve Cohen, whose life was tragically cut short at the age of 35 by a sudden heart attack. The Heart Foundation is proud to support research at Smidt Heart Institute at Cedars-Sinai in Los Angeles, CA, under the direction of world-renowned cardiologist Dr. P.K. Shah. As Dr. Shah poignantly says: ***"Genetics loads the gun, lifestyle pulls the trigger"***. Check out our easy-to-use accountability chart to jump-start your Heart Health Journey!

1 WEEK OF WELLNESS

You are never too young and it's never too late to start living heart healthy

7 HOURS 	3 LITERS 	#DAILY 20 	UNDER 1 TSP 	5 MINUTES 
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WED
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THE FACTS

SLEEP

- Sleep is critical to good health! Quality sleep helps your body to repair itself, and it helps you function efficiently during the day.
- According to the Centers for Disease Control and Prevention, adults who sleep less than 7 hours each night run a higher risk of heart disease, heart attack, and stroke.
- A 2019 study at the University of Colorado Boulder found that adults who sleep less than 6 hours per night were 20% more likely to have a heart attack. Adults who slept more than 9 hours per night were 34% more likely to have a heart attack. 6-9 hours per night is the sweet spot!

HYDRATION

- Every day your heart pumps approximately 2,000 gallons of blood through your body.
- The more hydrated you are, the easier it is for your heart to function efficiently.
- The National Academy of Sciences, Engineering, and Medicine determined that adequate daily water consumption is different for men and women:
 - 3.7 liters for men
 - 2.7 liters for women

EXERCISE

- The American Heart Association states that the average adult should complete 150 minutes of moderate-intensity aerobic activity per week. That's about 20 minutes every day!
- Want to cut back on the time? You could complete 75 minutes of vigorous aerobic activity per week instead! Even better? Try a combination!

SODIUM

- 1 teaspoon of salt possesses 2,325 mg of sodium.
- The American Heart Association recommends no more than 2,300 mg of sodium per day in order to support a heart healthy lifestyle.

THE FACTS

RELAXATION

- Stress causes your body to release adrenaline which results in an increase in blood pressure and heart rate.
- Constant stress can result in physical damage to the heart.
- Stress can lead to the introduction of unhealthy habits which may increase the risk of heart disease:
 - Drinking
 - Overeating
 - Smoking
 - Stagnant lifestyle
 - Lack of sleep
- Heart Rate Variability (HRV) is a measure of heart health. High HRV is a sign of a healthier heart.
 - A 2013 study found that people who meditated for 5 minutes every day for 10 days had a better HRV compared to those who did not meditate.
- 5 minutes of mindful relaxation every day may help reduce stress levels, lower blood pressure & heart rate, and prevent inflammation.

Staying consistent is the most challenging part of living a heart healthy lifestyle. Take advantage of our weekly accountability chart to stay on track and start the journey to a healthier you!

References:

The American Heart Association:

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The Mayo Clinic

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Give to the Heart