

COA February Heart Health Tips

2021

Move Your Body

Aim for 150 minutes of light activity per week. Getting daily exercise doesn't have to be difficult. Take 10 minute walk breaks throughout your day, choose the stairs, park farther away from the grocery store, clean the house, meet a friend for a walk, etc.



Good Sleep

Shoot for 7-9 hours of sleep per night. Stay consistent with bedtime and what time you wake in the morning. Avoid electronics in the bedroom (TV, phones, tablets, etc.). Avoid caffeine and eating right before bedtime. Get exercise and sunlight throughout the day.

Eat the Rainbow

Make sure to eat foods of all colors and variety. Try adding at least 1-2 different colors per day!

Red: immune boost, cancer fighter, enhance brain and heart health

Yellow: anti-inflammatory and promote eye, skin, brain and heart health

Orange: immune boost and optimize eye and skin health

Green: anti-inflammatory, support your liver, and are vital for brain and heart health

Blue & Purple: anti-inflammatory, anti-cancer, and good for brain health

White & Tan: anti-inflammatory, support healthy liver function and optimize hormone health.

More info: www.foodconfidence.com

Stay Hydrated

Aim for about 64oz of water per day or about 8 glasses. Set reminders to take drinks or jazz up your water with fruits!

