

Your Heart

Benefits of loving your heart?

- By taking care of your heart, you can decrease your risk for a stroke or heart disease.
- You can also prevent fatty buildup of lipids (like cholesterol and triglycerides).
- Last but not least, you can improve blood flow, overall circulation, and increase your libido.

Why should I be concerned?

If left untreated, high lipid levels can speed up the process of atherosclerosis, the hardening of the arteries. As more fat is deposited, plaque builds up potentially causing your arteries to narrow and stiffen. This causes your heart to work harder with each beat, which stresses your entire cardiovascular system.

Simple Steps to Your Heart!

Avoid or Limit Exposure to Nicotine/Tobacco

- Smoking increases your risk because it accelerates the hardening of your arteries.

Go Nuts & Go Fish

- Omega-3 fats and monounsaturated fat can help improve your heart health.
- Good sources of Omega-3s are fatty fresh water fish (salmon, mackerel, herring, sardines), flaxseeds, and walnuts.
- Good sources of monounsaturated fats are nuts, seeds, avocados, olive oil, and canola oil.

Fiber Up

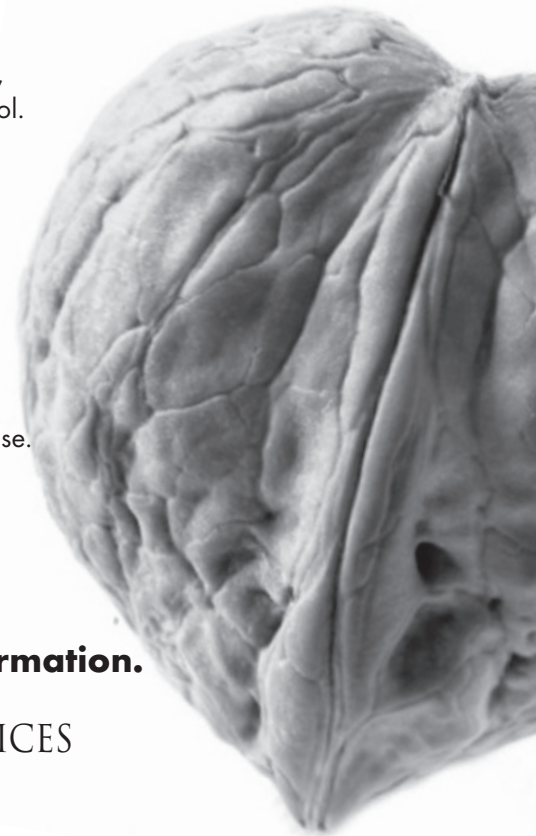
- Soluble fiber helps to lower cholesterol levels in the body.
- Add some good sources of soluble fiber such as whole grains, oats, cereals, peas/beans, fruits, and vegetables to your diet to help lower your cholesterol.

Get Physical and Reduce Stress

- Proper sleep, stress management, and enjoyable physical activity can help to improve your cholesterol levels.
- Exercise can help to manage stress and raise beneficial HDL cholesterol (the good kind).

Don't Forget the Produce

- A diet rich in fruits and vegetables is known to reduce the risk of heart disease.
- Fruits and vegetables provide important antioxidants that are believed to prevent the progression of heart disease.



Please call (512) 475-8252 for more information.



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