

Strong heart, long life

Novant Health Employer Solutions

Maintaining strong cardiovascular health into midlife helps in delaying cardiovascular disease and other chronic diseases so you can enjoy being active and healthy throughout your life.

Healthy habits that can strengthen your heart and can assist in longevity

- **Exercise:** Regular physical activity can strengthen your heart muscle, lower your blood pressure, and reduce your risk of heart attack and stroke.
- **Eat well:** A balanced diet with lots of fruits and vegetables, whole grains, lean meats and low-fat dairy can help keep your heart healthy.
- **Manage your weight:** Being at a healthy weight can help prevent heart disease.
- **Control your blood pressure and cholesterol:** High blood pressure and cholesterol can damage your arteries and lead to heart attack or stroke.
- **Control your blood sugar:** Uncontrolled blood sugar can damage artery linings and increase the risk of stroke and heart attack.
- **Limit unhealthy substances:** Avoid smoking, excessive alcohol, and foods high in saturated and trans fats, red meat and refined sugar.
- **Manage stress:** Stress can negatively impact your heart health.
- **Get quality sleep:** Getting enough sleep can help your heart stay healthy.

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