

Heart Health

Your heart is a muscle that pumps blood to deliver a continuous supply of oxygen and other nutrients to your brain and your other vital organs. To do this important job, your heart has to stay healthy. Your heart is the center of your cardiovascular system, and it is ultimately responsible for just about everything that gives your body life – ranging from the transportation of oxygen to the success of your immune system. The foods you eat, the amount of physical activity you perform, and your stress level dramatically affect the health of your heart.



Call the **Augusta Health and Wellness Center** at **(706)723-6015** to set up an appointment to discuss your heart health and to check evaluate your blood pressure and cholesterol.

Heart Healthy Strategies

1. Do not smoke or use tobacco products.
2. Exercise for 30 minutes on most days of the week.
3. Eat a heart healthy diet.
4. Maintain a healthy weight.
5. Get regular health screenings.

Did you know?

Heart disease is the number one cause of death in both men and women in the US.

Heart disease costs the US \$316.4 billion annually.

Cholesterol

Cholesterol is a waxy, fat-like substance which is found in the bloodstream. Too much cholesterol can cause build up in your arteries called plaque which increases risk of heart attack and stroke.

Total Cholesterol Levels

Desirable: less than 200 mg/dL
 Borderline High: 200 – 239 mg/dL
 High: greater than 240 mg/dL



The American Heart Association's website is filled with many heart-healthy recipes and tips for making heart-healthy decisions when eating out or when you are on the go!

Visit <http://www.heart.org> today! Recipes and lifestyle suggestions are located under the "Getting Healthy" tab on the left!



Try some of these Heart Healthy foods:

Oatmeal
Salmon
Nuts
Extra-Virgin Olive Oil
Berries
Beans
Broccoli

HAPPY HEART HEALTH MONTH!!



Add physical activity to your daily routine for cardiac benefits!

According to the American College of Sports Medicine, the recommendation for exercise is **150 minutes per week of moderate intensity physical activity.**

Break this up into smaller intervals by doing five 30-minute workouts per week for a healthier heart!

Know Your Numbers to Maintain Heart Health

Your **blood pressure** is one area of heart health that needs to be regularly checked and regulated. High blood pressure can be affected by your overall weight. Excess fat increases the work your heart has to perform to pump blood throughout your body. The harder your heart works, the more pressure is placed on the walls of your arteries, which can increase your risk for blood vessel damage.

Category	Systolic (Top Number)	Diastolic (Bottom Number)
Normal	Less than 120	Less than 80
Pre-High Blood Pressure	120-139	80-89
Stage 1 High Blood Pressure	140-159	90-99
Stage 2 High Blood Pressure	160 or higher	100 or higher

Your **cholesterol levels** also play an important role in heart health. The two main kinds of cholesterol LDL or the "bad" cholesterol -- and HDL or the "good" cholesterol. The LDL cholesterol is found in foods high in saturated fat, especially animal proteins. When consumed in high levels, LDL cholesterol can build up in the bloodstream and calcify into hard plaque. This plaque makes it difficult for blood to circulate through the affected arteries, increasing your risk for cardiovascular damage.