

Healthy Lifestyles – Marshfield Area Coalition’s Healthy Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five”. Check out these creative tips to jump-start your activity and improve your eating habits. Enjoy!

5 Steps to a Healthy Heart



Heart disease continues to be a growing issue and it is the number one killer of women in America. Follow these guidelines to help keep your heart healthy and reduce your risk of developing heart disease.

1. **Know your facts.** Knowing the risk factors for developing heart disease is a good first step towards a healthier heart. While you can’t change family history, there are steps you can take to prevent other risk factors such as high blood pressure, high cholesterol, diabetes, and obesity. A healthy diet and physical activity are just two lifestyle factors that may reduce your risk of heart disease.
2. **Exercise.** Lack of physical activity is a major risk factor for heart disease. It is recommended that adults get at least 30 minutes of physical activity five days a week. Exercise does not have to be hard or boring – anything that gets you moving counts.
3. **Eat Fish.** Fish is a good source of protein, but lacks the high saturated fat content that meats contain. Certain fish, such as mackerel, salmon and lake trout are rich in omega-3 fatty acids, which may help reduce the risk of heart disease.
4. **Limit the amount of fat and sodium in your diet.** Limiting fat and sodium can help lower blood pressure and cholesterol and help maintain a healthy weight. This may reduce your risk of developing heart disease.
5. **Eat plenty of whole grains.** Whole-grain foods contain fiber, which has many heart benefits. Fiber helps lower cholesterol, creates a feeling of fullness with fewer calories and helps reduce the risk of coronary heart disease.

*To view article online, visit our Web site at www.marshfieldhealthylifestyles.org.
For more information about the coalition or to become a member, contact the Marshfield
Clinic Center for Community Outreach at 715-221-8400.*

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