February is American Heart Month

Show some love to your HEART

Make activity a part of your day

- 150 minutes of moderate exercise or 75 minutes of vigorous exercise per week
- Muscle strengthening activity two days per week

Check your blood pressure and cholesterol levels routinely

- Blood pressure of 120/80 mmHg or less
- LDL Cholesterol of 100 or less
- HDL Cholesterol of 60 or more

Incorporate nutrient-dense meals and snacks

- 5 or more servings of fruits and vegetables per day
- Incorporate heart healthy unsaturated fats into your meals found in nuts, olive oil and fish such as salmon
- Limit high-sodium foods such as deli meats, canned soups and frozen meals

Take time to de-stress

- Laugh more—Laughing lowers levels of stress hormones
- Exercise daily to release mood-boosting chemicals (endorphins)
- Unplug—Take time away from your phone, TV, emails, etc.
- Relax—Consider practicing breathing techniques or meditation

For more information check out youlivewell.coastal.edu

Follow us on social media!
@livewellccu @ccufoodcrew @wallypondccu @ccushore

Contact us!
LiveWell Office
LJSU B202
livewell@coastal.edu
843-349-4031