

HOW TO TAKE CARE OF YOUR HEART YEAR-ROUND

Use this checklist so that you know what to do — and how often — to protect your heart health.

Every Day

- Eat plenty of fruits and veggies
- Exercise
- Get 7 to 8 hours of sleep
- Practice breathing exercises for 3 to 5 minutes

Every Week

- Spend time with friends at least once
- Eat fatty fish at least twice
- Snack on nuts
- Perform a small act of kindness

Every 6 Months

- Take a vacation
- See your dentist
- Make sure you're maintaining a healthy weight

Every Year

- Get your blood pressure checked

Every 4 to 6 Years

- Get your cholesterol checked