



TARGET TIPS

TIPS ON LOVING YOUR HEART

February is the month of LOVE, so what better time to remind ourselves to take care of our hearts! While we all know that exercise and a good diet is essential, here are a few extra tips to keep your ticker going strong:



METABOLISM MATTERS

The most important factor to caring for your heart is regular exercise. Upload your VO2 Max results to the CardioCoach app to stay in the correct heart rate zones and keep your workouts effective!

Get enough sleep. If you don't sleep enough, you may be at a higher risk for cardiovascular disease no matter your age or other health habits. One study looking at 3,000 adults over the age of 45 found that those who slept fewer than six hours per night were about twice as likely to have a stroke or heart attack as people who slept six to eight hours per night.

Practice good dental hygiene, especially flossing your teeth daily. Studies have shown that bacteria in the mouth involved in the development of gum disease can move into the bloodstream and cause an elevation in C-reactive protein, a marker for inflammation in the blood vessels. These changes may in turn, increase your risk of heart disease and stroke.

Don't sit for too long at one time. . In recent years, research has suggested that staying seated for long periods of time is bad for your cardiovascular health no matter how much exercise you do. Increase your movement throughout the day by parking farther away from the office, taking a few short walks throughout the day, or using a standing workstation.

Avoid secondhand smoke like the plague. Studies show that the risk of developing heart disease is about 25 to 30 percent higher for people who are exposed to secondhand smoke at home or work. This is because the chemicals emitted from cigarette smoke promote the development of plaque buildup in the arteries.