



Heart Health

Presented By | Coach Shelby



AGENDA

- My heart health
- What can we do?
 - Nutrition
 - Exercise
 - Stress
 - Sleep





WHAT IS MY HEART HEALTH?

Biometrics that may indicate heart health

- Weight and waist measurement
- Blood pressure
- Cholesterol
- Glucose
- Nicotine

<https://www.heart.org/en/health-topics/diabetes/why-diabetes-matters/cardiovascular-disease--diabetes>

https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm





NUTRITION AND YOUR HEART

- Leafy greens and veggies
 - Spinach, kale, collard greens, broccoli, cauliflower
 - Fiber, Vitamin K
- Berries
 - Blueberries, blackberries, raspberries, strawberries
 - Antioxidants
- Avocados
 - Monounsaturated fats and potassium
- Fatty Fish
 - Salmon, sardines, tuna, mackerel
 - Omega-3 fatty acids
- Nuts
 - Walnuts, almonds, cashews, brazil nuts
 - Monounsaturated fats, fiber, magnesium, copper, manganese
- Whole Grains
 - 100% whole wheat, oats, quinoa, rye, barley
 - Fiber

<https://www.healthline.com/nutrition/heart-healthy-foods>

<https://www.webmd.com/heart-disease/news/20001109/got-magnesium-those-with-heart-disease-should#1>



NUTRITION AND YOUR HEART

- Beans and legumes
 - Black, pinto, navy, peas, lentils, chickpeas (garbanzo beans)
 - Fiber, manganese, folate (B9), copper, magnesium, thiamine (B1)
- Tomatoes
 - Lycopene (antioxidant)
- Seeds
 - Chia, flaxseed
 - Fiber, omega-3 fatty acids
- Olive Oil
 - Monounsaturated fatty acids, Antioxidants
 - 3 T EVOO, 1 T vinegar, pinch of salt and pepper, any other herbs
- Green Tea
 - Antioxidants (polyphenols and catechins)

<https://www.healthline.com/nutrition/healthiest-beans-legumes>

<https://www.healthline.com/nutrition/folic-acid-vs-folate#section1>



NUTRITION AND YOUR HEART

- Pomegranate and citrus fruits
 - Lemon, oranges, grapefruit
 - Antioxidants and Vitamin C
- Garlic
 - Allicin
- Turmeric
 - Anti-inflammatory and antioxidant
- Wine?
 - Resveratrol
 - Triglycerides and heart issues with too much
 - Moderation or not at all
- Supplements?



<https://www.healthline.com/health/food-nutrition/food-for-arteries#1>

<https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/red-wine/art-20048281>



EXERCISE AND YOUR HEART

Aerobic

- Circulation
- Cardiac output
- Blood glucose control
- Recommendations
 - 150 minutes each week of moderate activity
- Examples
 - Walking, running, swimming, cycling, various sports, dancing, cardio exercise classes



EXERCISE AND YOUR HEART

Resistance Training

- Body composition

Recommendations

- At least 2 days each week

Examples

- Free weights
 - Dumbbells, hand weights
- Resistance bands
- Weight machines
- Bodyweight
 - Push-ups, squats, pull-ups





EXERCISE AND YOUR HEART

Flexibility, stretching, balance

- Direct benefits
 - Stress management
- Indirect benefits
 - Prevents pain, cramping, joint issues

Recommendation

- Daily and with exercise

Examples

- Yoga, tai chi, total body stretching



STRESS AND YOUR HEART

Direct and indirect effects on our heart

- Gratitude
- Exercise
- Meditation/Breathing
- Stress toolbox
 - Exercise, friends, family, pets, music, journaling, knitting, bath, etc.





SLEEP AND YOUR HEART

- Less than 6 hours of sleep is correlated with subclinical atherosclerosis, the early stages of hardening and narrowing of the arteries.
- Less than 7 hours is correlated with increase risk of heart disease, regardless of age, weight, smoking status, and exercise

Improving sleep hygiene

- Routine
- Mattress/pillow/sheets
- Temperature
- Noise
- Light
 - Regular and technology

UPCOMING WEBINARS



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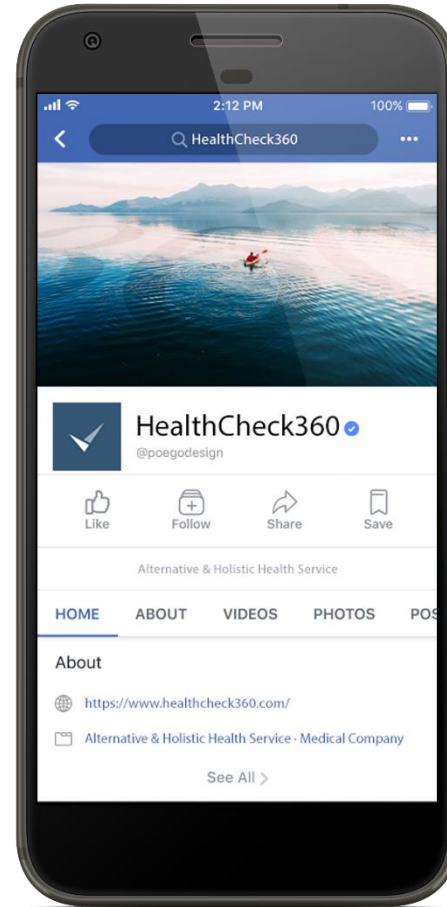
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QUESTIONS?