

Healthy Habits to Improve Wellness

According to the American Heart Association (AHA), people who practice the Life's Simple 7 have a lower risk of heart disease and stroke. The Simple 7 are healthy habits you can add to your lifestyle, one habit and one step at a time.

Increase Your Activity

Try to get at least 150 minutes of moderate-intensity aerobic activity or 75 minutes per week of vigorous activity every week. Many people find walking is the easiest exercise to stick to, so start there and when you achieve your goal, set a new one.

Maintain a Healthy Weight

In addition to preventing and managing chronic diseases and conditions, a healthy weight positively impacts your mental health, energy level and physical ability. Check with your doctor to understand what a healthy range is for you.

Control Cholesterol

Eating the “good” fats in nuts, fish, avocados and many cooking oils, along with high-fiber vegetables and beans, are a great way to control your cholesterol.

Eat Right

Everyone's dietary needs are different, but it helps to be aware of daily portion recommendations from health experts. Based on 2,000 calories a day, the AHA recommends seven servings of vegetables, four servings of fruits, six servings of grains, three servings of dairy, two servings of proteins and three tablespoons of polyunsaturated and monounsaturated oils.





Manage Blood Pressure

Monitor your blood pressure regularly and try to stay within the 120/80 range. Poor diet and stress have both been linked to high blood pressure, so it's important to eat well and try to reduce stress through meditation or deep-breathing exercises.

Stop Smoking

The number one thing you can do to improve your health is to stop smoking. Your lungs will begin to heal themselves as soon as you stop.

Reduce Blood Sugar

Limit sweets and sugary beverages and choose simple foods over heavily processed ones. Increase your fiber intake, which slows carb digestion and sugar absorption, and drink enough water to help your kidneys flush out excess blood sugar.

A Final Tip

While it's not part of the Simple 7, sleeping well supports all of the healthy habits on this page. It's important for physical and mental health and can improve productivity and overall quality of life. Strive for seven hours a night, and limit naps to 30 minutes.