



**BlueResource<sup>SM</sup> - Controlling Your Condition - Caring for Your Heart**

## Ways to Love Your Heart

Heart disease cuts too many lives short. But here's the good news: There are simple steps you can take to nurture and protect your heart every day.

**Tip the scales in your favor.** Maintain a healthy weight to help your heart pump more efficiently. A 10-pound weight loss can lower blood pressure and reduce strain on your heart.

**Nosh on the good stuff.** Reach for fresh fruits and vegetables, whole grains, low-fat dairy, and skinless poultry and fish first. They reduce plaque that clogs arteries and blood vessels.

**Move more.** Add 30 minutes of moderate aerobic activity at least five days a week to help your heart beat strong. Plus, it lowers stress and keeps the extra pounds off!

**Keep your numbers in check.** Take steps to lower your blood pressure and cholesterol levels if they are high. This will also reduce your risk for heart disease, heart attack and stroke.



**Protect your heart so you can spend more time with people you love.**

Source: *Keep Your Heart Healthy*. U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. 2020.

Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation,  
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Enter Group Name Here  
9100158.0820