



Taking Care of Your Heart

Heart disease is the leading cause of death in the United States and is largely preventable! There is so much you can do to take care of your aging heart and reduce your risk of developing heart disease.

SLEEP WELL

Poor sleep quality is associated with high blood pressure and cholesterol. Aim for at least 7–8 hours of restful sleep each night to promote healing and improved brain function.

MANAGE WEIGHT

Being overweight can cause damage to your heart and impact cholesterol, blood pressure, and blood glucose.

EAT HEALTHILY

Eat a healthy, balanced diet of fruits, vegetables, low-fat dairy, and whole grains. Limit foods high in saturated fat which can raise your cholesterol as well as foods high in sodium which can raise your blood pressure.

STAY ACTIVE

Daily exercise such as a 30-minute walk can help improve blood flow and lower blood pressure and cholesterol levels. Avoid inactivity! The more activity you can do the better.

REDUCE STRESS

Stress causes your heart rate to increase and blood vessels to narrow. Learn how to control stress through deep breathing and other healthy relaxation exercises.

How Can Therapy Help?

Physical and Occupational Therapists can help you develop a healthier lifestyle and reduce many of the risk factors that cause heart disease. Physical therapists can help teach you how to exercise appropriately for joint mobility, muscle strength, and fitness. Occupational therapists can help you safely do the things you want to do, stay active, and live well despite limitations.

Talk to your doctor today about the benefits of physical and occupational therapy!

Source: National Heart, Lung and Blood Institute

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