

# Heart Healthy Habits

1. **Start your day with whole grains and green tea** (anti-inflammatory, boosts blood vessel function).
2. **Increase your potassium intake** (helps regulate blood pressure and prevent hypertension).
3. **Cuddle your cat, play with your dog** (pet owners are less likely to die of heart attack than those who have never had a pet).
4. **Boost your workout routine**(as part of a regular workout, include quick bursts of activity).
5. **Say goodbye to stressful relationships** (people in troubled relationships have higher risk of heart problems).
6. **Get more vitamin D** (low vitamin D levels have been linked to higher risk of cardiovascular events such as heart attacks).
7. **Protect your gums** (chronic gum conditions can lead to cardiovascular disease. Brush and floss your teeth twice a day, and don't forget to clean your tongue).