SHAWN DASSIE
TACTICAL HUMAN PERFORMANCE

SIMPLE STRATEGIES FOR HEART HEALTH

A healthy heart is essential for overall health and wellness. Use the tips below to improve your heart health.

EAT RED FOODS

Red foods like beets, cranberries, tomatoes, and strawberries ***support the circulatory system and can easily fit in your diet.*** Add strawberries to Greek yogurt for breakfast, beets to your salad or tomatoes to your sandwich at lunch, or enjoy a glass of 100% cranberry juice.



GET MORE REST

Inadequate amounts of sleep can increase levels of the C-reactive protein, a marker of inflammation and heart disease risk. Establish a bedtime routine and ***aim for 7-9 hours of sleep per night.***



LAUGH OUT LOUD

Don't underestimate the power of laughter. Research shows that aside from helping to reduce stress, laughing can ***lower high blood pressure by improving blood flow.*** Go to a comedy show or watch a funny movie and get laughing.

TO LEARN MORE ABOUT OUR SIMPLE STRATEGIES, TALK TO YOUR COACH.

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LISTEN TO MUSIC

Listening to music you enjoy has been shown to ***increase blood flow by 26 percent compared to silence.*** This positive effect may come from the release of endorphins, the chemicals in your brain that block pain and ease anxiety and depression. Improve your heart health by updating your iPod.



80%

of heart disease and stroke can be prevented.

– www.heart.org



MOVE FOR 30 MINUTES A DAY

A lack of fitness is the strongest predictor of death. The most important thing you can do for your heart is move for at least 30 minutes a day. ***Take three 10-minute movement breaks each day*** to feel better and help your heart.

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