

Heart Health

Tips for a Healthy Heart

Maintaining heart health is crucial for overall wellbeing, as a strong and healthy heart is fundamental to every function of the body and daily life. By prioritizing heart health, you can prevent related chronic illnesses and lower the risk of heart disease, which is the leading cause of death around the world. Adopt a heart-healthy lifestyle that includes balanced nutrition, regular exercise, and effective stress management, which can greatly enhance your health and overall quality of life.

EAT A HEART-HEALTHY DIET

- Focus on consuming fruits, vegetables, whole grains, lean proteins, and healthy fats
- Limit intake of saturated fats, trans fats, processed sugars, sodium, and cholesterol

STAY ACTIVE

- Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity per week
- Prioritize muscle-strengthening exercises

CHOOSE HEALTHY BEVERAGES

- Rethink your drink: substitute water for sugary drinks
- If you choose to drink alcohol, moderate alcohol consumption

QUIT SMOKING, VAPING, AND USING TOBACCO

- Smoking and vaping can greatly increase your risk of heart disease
- Avoid secondhand smoke exposure

MONITOR BLOOD PRESSURE, CHOLESTEROL, AND BLOOD GLUCOSE

- Regularly check blood pressure and cholesterol and blood glucose levels
- Manage levels through a balanced diet, regular exercise, and medication if necessary

MANAGE STRESS

- Incorporate relaxation techniques such as meditation, yoga, or deep breathing into your routine
- Aim for seven to nine hours of quality sleep each night



THRIVE

WELLNESS PROGRAM

Sample Resources

- Free Group Fitness Classes
- Healthy On-Campus Dining Options
- Pacific Health and Wellness Preventative Health Screenings
- Fitness Facilities, Including Tennis and Pickleball Courts, Lap Pool, Track and Field, and a Fully Equipped Fitness Center
- Health Advocate
- Employee Assistance Program (EAP)
- **Scan the QR code below to access additional resources and helpful links**

Contact Information

Health Advocate

myhealthadvocate.pepperdine.edu
866.799.2728

Pepperdine Human Resources

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