

Module 1, Lesson 1 Tool: **Cardioprotective Lifestyle**

Below is a list of cardioprotective lifestyle recommendations to help you live a Nutritious Life and keep your heart, body and mind healthy.

Eat Empowered

Eat more fresh fruits and vegetables, whole grains and healthy fats like omega-3s, while limiting consumption of added sugar and processed or fried foods. The Mediterranean diet is a Nutritious Life approved way to Eat Empowered, and research shows these types of foods can also boost your mood and improve your cognition. It's a no brainer!

Sweat Often

Sitting is the new smoking. Inactivity and prolonged sitting has been shown to increase risk of cardiovascular disease and high blood pressure. Finding ways to Sweat Often, like running, yoga, cycling and walking get your heart rate up, your blood pumping and provide a little extra mood boost with the rush of endorphins.

- Explore new ways to move and make it fun. Maybe try a new studio or an at home workout, recruit a friend to go on a walk or stand and do a quick workout during commercial breaks.

Stress Less

Managing stress is important for reducing blood pressure levels and decreasing risk for a heart attack or stroke. Stress comes in different forms for everyone, and is handled differently by everyone, so there is no one right way to Stress Less. Just do what makes YOU feel good. Avoid turning to alcohol and smoking to relieve stress - while these may be methods of stress management for some, both smoking and excessive alcohol consumption may increase blood pressure and damage artery walls. Stress management can be as simple as getting outside for a walk, drawing or painting, practicing daily affirmations, talking with friends and family, listening to music or attending personal or group therapy if you need some more accountability.

- **Journaling:**
 - “Good Days Start with Gratitude: A 52 Week Guide to Cultivate an Attitude of Gratitude: Gratitude Journal” by Pretty Simple Press
 - “Start Where You Are: A Journal for Self-Exploration” by Meera Lee Patel
- **Meditation Apps:** Calm, Headspace, The Mindfulness App, Aura