

Strengthen Your Heart Health for the Year Ahead

Make this the month you commit to small, sustainable changes that benefit your cardiovascular health all year long.

Winter puts extra strain on the heart, making healthy habits especially important this time of year. Nearly half of U.S. adults have some form of cardiovascular disease, yet many risk factors like poor diet, inactivity, and stress are **preventable**.

Building heart-healthy routines in January can make a **measurable impact** throughout the year. Strengthening daily habits during the winter months not only supports cardiovascular wellness but also helps create a stable foundation for healthier routines as the seasons change. Begin with a few **small, repeatable** habits and let them grow into long-term improvements.

- **Add one heart-healthy food** (like berries or oatmeal) each day
- Aim for **30 minutes of moderate activity** most days
- **Reduce sodium** by choosing fresh or minimally processed foods
- Practice a **daily stress-management** technique
- Schedule your **annual wellness exam**



SOURCE: AMERICAN HEART ASSOCIATION