Heart-Healthy Tips
Cardiovascular diseases are the No. 1 cause of death globally. Uncontrolled high blood pressure is the leading cause of heart disease and stroke, Here are a few ways to give your heart a little extra love:

Just Breathe
Meditation is just one way to feed your soul—several studies have shown how deep or diaphragmatic breathing can slow your heart rate and reduce blood pressure which also helps with anxiety and tension. Practice medi

Get Some Rest
It’s hard to rest when you’re with children all day, let alone run your own business. However, lack of sleep, especially when it’s chronic, has been associated with high blood pressure and heart disease. To help get a good night’s rest, avoid caffeine late in the day, exercise regularly and stick to a sleep schedule to keep your body’s clock running smoothly.

Sweat it out
It’s no secret that exercise has been linked to heart health, and the American Heart Association recommends at least 150 minutes per week of moderate exercise. Exercise can include anything from walking to dancing to yoga—choose the one that speaks to you so you’ll stick with it.

Practice Gratitude
There’s also evidence that gratitude can help fend off heart disease, so be sure to say thanks today. Giving thanks for the positive things in life can improve the health of patients with asymptomatic heart failure.

Food for Thought
People with diets consistent with a healthy dietary pattern had a 31% lower risk of heart disease, a 33% lower risk of diabetes, and a 20% lower risk of stroke.
There are many ways we can eat to support our heart health and all of them are simple variations on a common dietary theme. Here's what we recommend.

https://www.heartfoundation.org.nz/wellbeing/healthy-eating/eating-for-a-healthy-heart

**Strawberry Yogurt Parfait**
- 2 cups strawberry Greek yogurt
- 4 cups mixed berries
- 1/2 cup granola (optional)

*Total Time:* 5 min  
*Servings:* Approx. 2

**Samurai Banana Sushi Roll**
- 100% whole wheat flour tortilla, small
- 1 large banana
- 2 tablespoons peanut butter

*Total Time:* 5 min  
*Servings:* Approx. 8

Components:
- Meat Alt., Grain, & Fruit

Make sure your yogurt is #CACFPCreditable!

Answer: Because he couldn't find a date!