

# Support Your Heart for Life

Heart disease is the [leading cause of death](#) in the United States for both men and women, according to the Centers for Disease Control and Prevention.

This American Heart Month, we encourage you to learn more about your heart health to help prevent the onset of heart disease. The good news is, our cardiovascular health is largely something we can control. There are many changes to your lifestyle you can make to manage your blood pressure and reduce your risk of heart attack, stroke and other heart diseases. Read more to learn some of the best tips we at Meadow Lakes have found to support your heart health.

## Top Healthy Heart Tips

1. Watch What You Eat – Healthy eating is essential to your overall wellbeing and can help support a heart-healthy lifestyle. One eating plan specifically designed with the goal to lower blood pressure is Dietary Approaches to Stop Hypertension, or DASH. This plan, promoted by [The American Heart Association](#) and the [Mayo Clinic](#), emphasizes healthy food sources, portion control and making sure you consume the necessary amount of nutrients your body needs each day. Fruit, vegetables, moderate amounts of whole grains and proteins, low-fat dairy, and reduced sodium are the main components of this plan. Not only is this plan good for your heart, but it is also in line with dietary recommendations to prevent osteoporosis, cancer and diabetes.
2. Be Sure to Exercise – Get up and get your body moving! It's hard to ignore the numerous benefits of regular exercise for our bodies, including lowering your blood pressure and making your heart stronger. Aerobic activities, like walking, light jogging and swimming, engage your heart for long periods of time, proving to be among the most effective exercises for heart health. Incorporate these activities into your schedule three or four times a week for optimal results.
3. Manage Your Stress – We come across many stressful situations throughout our lives. The American Heart Association finds that [stress affects behaviors and factors that increase risk of heart disease](#), including high blood pressure and cholesterol levels, the tendency towards smoking, physical inactivity and

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overeating. Learning how to manage this pressure can help combat some of these negative effects on our heart. Some ways to manage stress include meditation, engaging in relaxing activities and taking time to connect with others.

## Learn How to be Heart Healthy at Meadow Lakes

Holistic wellness is engrained in everything we do at Meadow Lakes. LivWell, our comprehensive, award-winning senior wellness program, goes above and beyond in offering opportunities to lead a healthy lifestyle. Here are a couple ways you can work on heart health right in our community:

- Eat well in our [dining area](#). Our chef prepares delicious, nutritious meals using the freshest ingredients, keeping you and your health in mind.
- Exercise options are plentiful. Not only do you have access to a [fitness center](#), you can also take a dip in one of our two [pools](#). We even have a [croquet court](#) for you to engage in this non-strenuous and low-impact sport with your friends.
- Take a moment to yourself and relax. Walk through our [stunning campus](#); our grounds are an [accredited arboretum](#) where you can take a walk through a wooded trail, enjoy the sunset and listen to the sounds of nature. Or get creative and focus on your new project in our [art studio](#).

[Contact us](#) today to learn more about how we offer heart-healthy amenities and activities at Meadow Lakes.