



# Holistic Heart Health

## Take Care of Your Whole Heart, Improve Your Whole Life

- Eat less saturated fat and trans fat (especially trans fat!)
- Reduce your sodium intake. You and salt can still see each other, you just need some space; look for low-sodium or “no salt added” options
- Eat more fiber (vegetables, fruits and whole grains)

## FEBRUARY ACTIVITY

### The Four Chambers of Heart Health

Use what you learn to live a heart-healthy lifestyle across four areas: nutrition, exercise, health education and stress management. Your first tip? Simply being active for 150 minutes each week can greatly improve your health. Even short, 10-minute bouts of moderate to intense activity have a positive impact.



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