

# ENVIRONMENTAL HEALTH AND SAFETY

## FACILITY AND OCCUPATIONAL SAFETY

### HEART HEALTH



## Tips for Maintaining a Healthy Heart

### Ways to Keep your Heart Healthy

- Lower blood cholesterol
- Lower high blood pressure
- Aim for a healthy weight
- Manage diabetes
- Eat a healthy diet
- Get or stay active for 30-60 min per day
- Quit smoking and stay away from second hand smoke
- Get quality sleep
- Get regular health screenings

### 5 Heart Healthy Foods

- Blueberries: snack on them or add them to foods
- Salmon: an easy to prepare food that offers healthy fat
- Oatmeal: known to reduce cholesterol and can fill you up
- Spinach: fresh or frozen, can be added to pasta, soups, eggs and more
- Nuts: small quantities can provide healthy fats and fiber

**Additional Resources:** American Heart Association - [www.heart.org](http://www.heart.org)



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**Be More Active:** Research has shown that getting at least 30 minutes of physical activity on 5 or more days a week can help lower blood pressure, cholesterol and keep your weight at a healthy level.

**Choose Good Nutrition:** A healthy diet is one of the best weapons you have in fighting cardiovascular disease.

