



Take Heart

February is American Heart Month, and the perfect time to take a quick inventory of how you are caring for your heart, and for the hearts of your loved ones as well. Get started with these quick tips to make sure that you have the healthiest heart possible.

Eat.

First and foremost, your heart relies on a healthy diet. Eat more heart friendly foods like whole grains, lean meats, beans and other high-fiber foods, and plenty of fruits and veggies. Increase your water intake as well, aiming to drink at least 64 ounces of water per day.



Move.

A healthy heart requires exercise. Talk with your doctor about starting an exercise plan that makes sense for your body type and abilities. Remember, you don't have to run a marathon to give your heart a work out. Starting with regular walks around your block can lead to healthier choices and habits.

Relax.

Increased stress can lead to heart issues. While it is impossible to eliminate stress from your life, you can work on adopting healthy coping skills. Carving out time to spend with your family, closing your eyes for meditation, or spending time in prayer can be great ways to decrease your body's negative reactions to stress.

Connect.

Social isolation can lead to increased stress, unhealthy eating, and a sedentary lifestyle, which is the perfect storm for heart trouble. Make a conscious effort to get together with friends or family. If you are looking to establish friendships, get involved with folks that share a common interest or hobby. Join the book club at your library, attend Bible study at your church, or try an exercise class at your senior center or park district. Meaningful relationships not only foster feelings of connection, but can also lead to healthier habits and decisions.

Care.

Here at [Visiting Angels Wayzata](#), we focus on heartfelt care for all of our clients and family members. Not only do we establish relationships of trust and compassion with our clients that can decrease feelings of social isolation, we also offer peace of mind to family members. Knowing that your loved one is cared by one of our Angels is sure to decrease your stress, and increase your loved one's safety and security.

If your loved one needs some extra help or assistance, it can weigh heavily on your mind and heart. Let us do what we do best – connect and care for your loved one. With our experienced caregivers, your loved one is in good hands and in our hearts.

Visiting Angels of Wayzata, MN

952-935-0789

angels@angelsmn.com

www.visitingangels.com/Wayzata

www.facebook.com/visitingangels.wayzata