WELLNESS WEDNESDAY

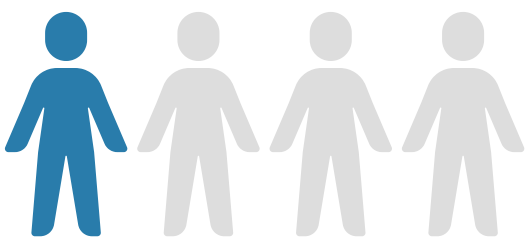
MAINTAINING A HEALTHY HEART

Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.

363 BILLION
Cost to U.S. each year

1 person dies every 36 seconds
from heart disease

1 in every 4 deaths
in the U.S. each year is from heart disease



Healthy Habits for a Healthy Heart

EAT A HEALTHY DIET
Limit saturated and trans fats, salt, and added sugar. Include fruits, vegetables, lean meats, whole grains, fatty fish and low-fat dairy to your diet.

GET MOVING
Consult with a physician before starting any exercise program. Start small - get up from your desk, go for short walks, park farther away. Gradually increase to 30 min or more of aerobic exercise a few days a week.

MANAGE STRESS
Exercise, get plenty of sleep, meditate, find a hobby you enjoy to help refocus, ask your friends or family for support.

AVOID TOBACCO
Smoking increases the formation of plaque in blood vessels, which can lead to heart disease.

MANAGE YOUR WEIGHT
If you are overweight, even losing just a small amount of weight can help improve blood pressure.

LIMIT ALCOHOL INTAKE
Alcohol can raise the levels of fat in your blood, which can also lead to heart disease.

CONSUME LESS SALT
Cut back on the amount of processed and packaged foods you eat - most of your salt intake likely comes from these sources versus the salt shaker.

Follow our blog for more of our Wellness Wednesday tips.

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AHT INSURANCE
A BALDWIN RISK PARTNER

Resources: CDC.gov, WebMD

1. Centers for Disease Control and Prevention. Underlying Cause of Death, 1999–2018. CDC WONDER Online Database. Atlanta, GA: Centers for Disease Control and Prevention; 2018. Accessed March 12, 2020.

Virani SS, Alonso A, Aparicio HJ, Benjamin EJ, Bittencourt MS, Callaway CW, et al. Heart disease and stroke statistics—2021 update: a report from the American Heart Associationexternal icon. Circulation. 2021;143:e254–e743.

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