

Everyday Heart Tips

Tip 1: Be A Detective

Find out if anyone in your family has a history of heart disease.

Tip 2: Take 10

Exercise in short bursts, like a 10-minute walk at work.

Tip 3: Stand Up

Standing at work burns more calories and works more muscles.

Tip 4: Sit Down

Stress is a major cause of heart attacks, so try meditation and mindfulness-based stress reduction at the UVA Mindfulness Center.

Tip 5: Start Out Right

Start with some modest exercise and work your way up. Check with your doctor first!

Tip 6: Ask the Right Questions

Ask your doctor about target blood pressure and cholesterol levels, nutrition and exercise goals.

Tip 7: Go Veggie

Eating less meat is easy and it's often cheaper. Plus, vegetarians have lower rates of heart disease.

Tip 8: Eat an Egg

Eggs once were the persona non grata of the food world. You can enjoy them again!

Tip 9: Rehab Your Heart

Know someone recovering from a heart attack, angioplasty or heart surgery? UVA's Cardiovascular Rehabilitation and Wellness Clinic can help.

Tip 10: Fill 'Er Up

Keep a bottle of water on your desk at work and make a conscious effort to drink it and fill it back up.

Tip 11: Eat an Apple to Keep the Doctor Away

Apples, kidney beans, oatmeal. They're all high in soluble fiber.

Tip 12: Walk It Out

Go for a walk with your family. It's a great way to unwind and catch up after a long day.

Tip 13: Change Into Your Workout Clothes

When you get home from work, put on your workout clothes before you sit down to relax.

Tip 14: Have Some Wine and Chocolate

Wine and chocolate are a great source of antioxidants.

Tip 15: Something's Fishy

Pick one day every week to eat baked or grilled fish.

Tip 16: Prevent Diabetes

Women with diabetes are at increased risk for a heart attack.

Tip 17: Make a Play Date

Most of us get together with friends for activities that center on food. Ride a bike, go on a hike or play badminton.

Tip 18: Pay Attention to Your Plate

Make sure that your diet is rich in fruits, vegetables and fiber, and low in saturated fats.

Tip 19: Have You Laughed Today?

Laughter reduces stress and improves your heart health.

Tip 20: Read the Label

Foods with partially hydrogenated oils or trans fats are bad for your heart and bad for everything else in your body.

Tip 21: Walk

Park your car at the back of the parking lot instead of driving around looking for a close-in spot.

Tip 22: Take Your Dog for a Walk

A brisk walk with your furry friend is good for both of you.

Tip 23: Lower Your Cholesterol With Exercise

Physical activity lowers cholesterol and fights heart disease.

Tip 24: Rope Your Coworkers In

Make it a point today to talk to your office mates about supporting each other's healthy eating habits. Outlaw brownies and cake and take brief walks together.

Tip 25: Take a Heart Risk Assessment

Heart disease is the number one killer of American women. Take the risk assessment on the Club Red website.

Tip 26: Try a New Sport

Don't assume you're too old or too out of shape to play a sport.

Tip 27: Resolve to Stick to It

Resolutions aren't just for January. Set realistic long-term goals that will last through the year.

Tip 28: Give Your Heart Some Zzzz

For a good night's rest, try restorative yoga, meditation, sleepy tea or warm baths. Still can't sleep? You may have a sleep disorder; get an assessment at the UVA Sleep Laboratory.

Tip 29: The Replacements

Try out alternatives for your diet: Applesauce instead of oil, green tea instead of coffee and turkey instead of beef.

Tip 30: Keep Reading

Check the UVA Health System blog and Club Red all year long for heart-healthy ideas and tips! uvahealth.com/blog