

# Take Care of Yourself, Take Care of Your Heart



Exercise at a moderate level for 30 minutes most days of the week. This amount of exercise can protect your heart from heart disease.

Relax and engage in activities you enjoy at least once a week. Lowering your stress level helps prevent heart problems.

Eat 5 servings of vegetables and fruit a day. A diet low in sodium, cholesterol, trans fats, and saturated fats can lower your risk for heart disease.

Princeton University provides FREE Health Coaching to benefits-eligible employees and dependents. Call 866-237-0973 to schedule a free, confidential appointment.



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## **Q: What are some examples of moderate intensity exercise?**

**A:** Moderate intensity exercise is any movement that increases your heart rate and how fast you breathe. You will still be able to hold a conversation at this level of exercise. Some examples of moderate intensity exercise are:

- Walking 2.5 miles per hour or faster (about 100 steps a minute)
- Recreational swimming
- Bicycling slower than 10 miles per hour on level ground
- Doubles tennis
- Active forms of yoga (for example, Vinyasa or power yoga)
- Ballroom or line dancing
- General yard work and home repair work
- Exercise classes like water aerobics

## **Q: How can I eat 5 servings of fruits and vegetables in a day?**

**A:** A simple guide to follow is to fill half of your plate with vegetables for lunch and dinner. This gives you two servings of vegetables for lunch and two for dinner. Then add a fruit for a snack either during the morning or the afternoon for a total of five fruits and vegetables a day.

## **Q: What are some things I can do to relax?**

**A:** Everyone is different. What one person finds relaxing may be stressful for another. Think of things you enjoyed doing as a child. Here are some ideas to try: reading, coloring, jigsaw puzzles, breathing exercises, watching movies, photography, drawing, playing a musical instrument, hiking, or any hobby you enjoy.

