



# Heart Healthy Tips

## FOR SENIORS



### 5 HEART HEALTHY DIET TIPS

- 1. Add – Don't Subtract.** Instead of trying to go cold turkey by removing all treats from your diet, start by adding a few fruits and vegetables to your plate at each meal. The nutrients can reduce blood pressure and cholesterol, and the crunch, sweetness, and fiber may start to satisfy your urge to munch.
- 2. Change Your Source of Protein.** Red meat is high in saturated fat, which can increase cholesterol. Substitute chicken, fish, or beans for red meat at most meals.
- 3. Choose Healthier Fast-Food Options.** Choose a salad or grilled item over anything fried. If you're partial to Mexican fast-food chains, skip the tortillas and opt for veggie-filled bowls with cauliflower or brown rice instead of white rice.
- 4. Cook with Olive Oil Instead of Butter.** This easy swap will help your food retain flavor without increasing your cholesterol.
- 5. Replace Cold Breakfast Cereal with Oatmeal.** Most cold cereals are full of sugar – and not much else. Oatmeal is a whole grain that can help lower cholesterol. Plus, it's full of fiber, which can help you feel fuller much longer than refined grains found in many cereals.

UT Southwestern Medical Center  
<https://utswmed.org/medblog/heart-health-tips-habits/>  
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### 5 WAYS TO MOVE MORE

- 1. Incorporate Exercise with Chores.** Multitask, whether you're making dinner, cleaning, or brushing your teeth. Try incorporating seated or standing supported exercises such as marches, calf raises, mini squats. Any kind of movement is better than being inactive.
- 2. Integrate Aerobic Exercise with Errands.** Gain some extra steps by parking further away from the store entrance or even walk down extra aisles to add in some distance into your day.
- 3. Workout While Viewing a Program.** Take those commercial breaks or pause the movie/show after 30 minutes to incorporate exercises. Instead of reaching for your favorite snack grab a resistant band and you can gain health benefits while enjoying your program!
- 4. Fitness FUN.** Join the kiddos on the playground, stroll the parks with a friend or family member, and or join a wellness program. Make exercise fun and enjoyable.
- 5. Breaks in your Daily Routine.** Take a break during your daily routine tasks to take a walk or complete a stretching program. The break will help your body and mind – exercise also improves brain health.

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