

To maintain heart health, it is not at all necessary to radically change the lifestyle. Some simple habits can also help in this. Here's what cardiologists and nutritionists recommend doing daily.

Replace one sweet drink per day. Studies show that sweet drinks are associated with a higher level of development of heart disease. Moreover, they affect health more than other sources of added sugar (for example, baking). Replacing one cola jars per day reduces 36 g sugar consumption, which is as much as 72% of the daily norm.

Refer the afternoon snack. Instead of chips, cookies or sweet flakes, eat a handful of nuts. Such a replacement will help reduce the level of harmful cholesterol and improve the work of blood vessels. To get the maximum benefit for the heart, choose options for a snack with minimal salt content or without it at all.

Get up and go once an hour. Too long sitting can have a bad effect on the work of the heart, even if you regularly train. Standing only one or two minutes every hour improves blood flow, increases sensitivity to insulin and makes the vessels less rigid. It is even better if you go out for a walk: light walking is useful for metabolism.



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Go to bed 15 minutes earlier. Only 15 minutes of additional sleep every night significantly improve the health of the heart. They regulate blood pressure, reduce inflammation, reduce stress hormones.

Finish the day with gratitude. A regular practice of gratitude, as studies show, improves sleep, reduces stress, which leads to a decrease in blood pressure.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.