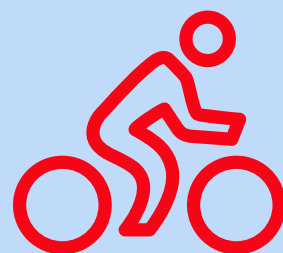


Adena Heart and Vascular Institute

Simple tips for a healthier heart

Reduce your stress

by taking slow deep breaths or listen to relaxing music

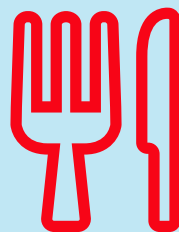


Exercise helps to reduce stress levels

Move more by getting 150 minutes of exercise each week



Take your **nutrition** seriously. Control portion sizes



Eat more **fruits, vegetables, and fiber**



Sleep

Most adults need 7-9 hours each night

The team at **Adena Heart and Vascular Institute** wants to be a partner in your heart health. To learn more visit Adena.org/heart, or to make an appointment call **740-779-4570**.