

3 Heathy Heart Habits Reference Table

Habit 1—The Grocery List: Build your meals with these ingredients.

Coffee	Green Tea	Oatmeal	Beans
Salmon	Avocado	Tomatoes	Basil
Cilantro	Garlic	Oregano	Parsley
Rosemary	Cayenne Pepper	Chili Pepper	Cinnamon
Spinach	Walnuts	Cashews	Almonds
Dark Chocolate	Asparagus	Kale	Oranges
Apples	Blueberries	Red Wine	Dark Beer
Broccoli	Carrots	Sweet Potato	Whole Grains
Tuna	Brown Rice	Cantaloupe	Bananas

Habit 2—Exercise

- 30 minutes of moderate aerobic exercise 5-times per week. It's okay to break the daily 30-minutes into two, fifteen-minute sessions.
- You can substitute 25-minutes of vigorous activity 3-times per week if you prefer.
- HIIT Training: For the more fit among us, consider the benefits of High Intensity Interval Training to boost your cardiovascular health. More info at <http://bit.ly/1uSaAXN>.
- **Poor Health and Chronically Ill:** It should be understood, if you are in poor health, consult your doctor before beginning any exercise program.

Habit 3—Relaxation

- **Make time for you!** We all need to find a few minutes (or more) each day to decompress. I'm sure you have a favorite activity or two that reduces stress. Here are a few of mine.
- **Spend some quiet time** with a terrific book or relaxing music.
- **Take a walk.** (De-stress and exercise at the same time!)
- **Stretch** Get up, move around, stretch your neck, shoulder and back muscles.
- **Try a short meditation or a deep breathing session.** Here's a link to a quick meditation/breathing YouTube video to use whenever you need a bit of relaxation. <http://youtu.be/kcT6uqKVdks> For a more involved meditation, try Dr. Wayne Dyer's In The Gap. <http://amzn.to/1Dh3xgR>
- **Laugh! Laughter is still the best medicine.** Find a reason to get your giggle on at least once a day!