

February 3, 2025

Collect
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Innovate

National Waste
& Recycling AssociationSM

SAFETY



MONDAY

Heart Health

What can we do to help the most important muscle in our body, the heart?

Reduce the Risk for Heart Disease

You can reduce the risk of heart diseases and conditions simply by changing your lifestyle choices.

This would include:



Being Physically Active

See your healthcare provider for guidance before starting an exercise plan.



Limiting Alcohol and Quit Smoking



Reducing Stress

Figure out what triggers your stress and find ways to cope/deal these situations .



Eating Nutritious Foods

Develop healthy eating pattern. Increase fruit, vegetables and avoid saturated fats in snack and fried foods. Also, Eating the right type and amount of fats, like Omega 3.



Getting a Good Night's Sleep



Maintaining a Healthy Weight

Also having annual checkups with your health care provider and getting enough daily nutrients as per the [Dietary Guidelines for Americans](#)