HEART HEALTHY MOVES

About 80% of heart disease cases are preventable with lifestyle. Of course, there is the usual that will prevent or cure just about EVERYTHING...regular exercise, no smoking, managing stress, healthy vegetable/ fish diet... Sigh. But here's some tweaks that can also help.

·   LAUGH FREQUENTLY. It eases stress and helps blood vessel function. A study proved that people who laughed a lot are less likely to get heart disease than those gloomy folks who don't. So, tell that joke (if you can remember it), watch that silly cat video, or fall down in front of me.

·   STAND UP MORE OFTEN. Sitting for 8 or more hours a day raised the risk for major cardiovascular disease by 21%, according to a study in JAMA. So, pace while on that phone call or make more frequent trips to the bathroom. Better than more frequent trips to the kitchen.

·   TRY ISOMETRICS. According to the British Journal of Sports Medicine, moves like planks (? look it up) or wall sits involve holding the body in one position. The muscles tighten and blood flow decreases. Afterward, the return of blood flow relaxes your vessels, lowering your blood pressure. Hey, I <u>can</u> sit against a wall!

·   RUN AN AIR PURIFIER. Air pollution can increase the chances of developing heart disease. The purifier can filter out some of the particles that may damage blood vessels. Thank heavens we don't live in LA!