

Celebrate Your Heart

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For more information on ways to lead a healthier lifestyle visit our website:

GetHealthyCT.org



February 2021

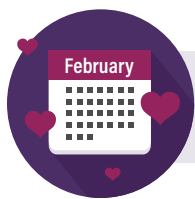


25 Ways To Take Part in Heart Month

#OurHearts
are healthier together

Each February, the National Heart, Lung, and Blood Institute (NHLBI) marks American Heart Month by raising awareness about heart health and urging Americans to reduce their risk for developing heart disease. Taking care of your heart health has never been more important and there's a lot you can do to prevent heart disease. Encourage others to join you. More work needs to be done—and you can help!

There are dozens of ways to spread heart health messages during February and beyond. Here are a few:



Help Share Heart Health Messages. Check out these ideas to honor American Heart Month.

- 1 Join the #OurHearts movement** by [sharing on social media](#) how you're working with friends or family to be heart healthy. Encourage your friends and family to do the same. Be sure to use the hashtag!
- 2 Wear red on the first Friday of February** for National Wear Red Day to raise awareness about heart disease and encourage others to do the same. Use [NHLBI's social media materials](#) to help spread the word.
- 3 Set up an online support group with friends far and wide** to encourage each other in your goals to manage your weight, eat healthier, quit smoking, or work out.
- 4 Commit to a walking schedule** with a friend or family member, even if you can't walk together.
- 5 Challenge your organization to participate in a "steps" contest.** Use activity trackers to see which team takes the most steps.
- 6 Share NHLBI's Heart Month video** on social media or play it before your next team meeting to encourage colleagues to work together for a healthier heart.
- 7 Try a new recipe weekly.** Ask friends and family to share their favorite heart-healthy recipe with you. NHLBI offers a variety of [recipes](#) on its website.
- 8 Be social.** Use [NHLBI's Heart Month social media resources](#) to promote Heart Month to your friends and followers.
- 9 Make television watching more active** by doing jumping jacks or push-ups during the commercials, or just standing up and stretching.
- 10 Sign a social support contract** with three family members or friends who also want to lose weight.
- 11 Blog about it.** Write a blog post about Heart Month, the risk factors for heart disease, and how you're making heart-healthy changes in your life.
- 12 Attend an online cooking class** with friends and learn new heart-healthy recipes. Or sign up your kids for one!
- 13 Plan a date** to go on a hike or cook a heart-healthy meal with your loved one on Valentine's Day.



- 14 **Write an article** for your organization's newsletter or the local newspaper about Heart Month and ways to keep your heart healthy. Don't have time? NHLBI has [pre-written articles](#) you can use.
- 15 **Send a press release** to your local paper to promote local Heart Month activities within your community, and pitch them stories of how community members are taking steps to prevent heart disease.
- 16 **Post flyers** with heart-healthy messages at local clinics or pharmacies.
- 17 **Create a Pinterest board** with heart-healthy recipes and share it with your organization, friends, and family. Make it a public board and encourage others to add their favorite recipes. See [The Heart Truth's® Pinterest board](#) for other ideas you can repin.
- 18 **Ask if you can insert a fact sheet** with heart-health information in grocery bags or prescription bags at your local grocery store or pharmacy.
- 19 **Share NHLBI's slides** as part of a heart-health, online educational presentation, distribute during faith-based services, or show on informational screens such as those in local clinics, or anywhere there are screens to share information.
- 20 **Encourage your local representatives to post statistics** about [coronary heart disease in your state](#) on their social media sites.
- 21 **Ask health care providers to give a presentation to your organization** about ways to prevent heart disease.
- 22 **Host an online community event** where families can be active and learn about local health resources.
- 23 **Partner with a local hospital to do heart screenings** such as those for blood pressure, blood sugar, cholesterol, and body mass index (BMI).
- 24 **Work with local recreation and fitness centers** to spread the word online about the importance of physical activity to prevent heart disease.
- 25 **Use NHLBI's Heart Month materials.** Share the materials with your organization's members, your workplace wellness team, and other health advocates to encourage them to champion Heart Month.

Find graphics, videos, flyers,
and article samples at
nhlbi.nih.gov/heartmonth



Taking Care of Our Hearts, Together



#OurHearts
are healthier together

Heart disease is a leading cause of death in the United States, causing one in four deaths each year. But there's a lot you can do to live a heart-healthy life—and connecting with others can make your efforts even more successful.



Studies show that if you join forces with people at home or online, you have a better chance of staying motivated. Best of all, you don't have to make big changes all at once. Small steps can get you where you want to go. Gather your friends and family and make a commitment to your heart health, together.

Here's How to Start:

Move more

Get *at least* 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises at least 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none.

Be active, together:

Get creative. Invite a colleague to keep you on track. Text each other a reminder to go for a walk or take an online exercise class together. Grab your kids and do jumping jacks, shoot some hoops, or dance. People with friends or family who support their efforts to be physically active are more likely to be successful, studies show.



Eat healthy foods

A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Try the highly rated Dietary Approaches to Stop Hypertension (DASH) eating plan. It recommends:

- Eating vegetables, fruits, and whole grains
- Eating fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products
- Limiting foods that are high in saturated fat and sodium
- Limiting sugar and other sweeteners.

Find heart-healthy DASH recipes at:
[healthyeating.nhlbi.nih.gov](https://www.hearttruth.gov/healthy-eating)

Eat healthy, together:

When you get fast food, ask for a salad instead of fries, and don't get the "deluxe" sandwich. Start your meal with a salad or appetizer of veggies so you'll have something healthy first. Studies suggest that we tend to eat like our friends and family. Your healthy choices may inspire those around you.



Aim for a healthy weight

Being overweight is hard on your heart. It increases your risk of having heart disease, a stroke, high cholesterol, high blood pressure, and diabetes. Choosing heart-healthy foods and getting regular exercise will help you achieve and maintain a healthy weight.

Manage weight, together:

A study of one popular weight loss program showed that participants who were the most connected with others in the program's online community lost the most weight. Join an online weight loss program with a buddy, or sign "social support" agreements with three family members or friends. Be sure your agreement includes ways to reduce stress, which affects energy and hunger and, if chronic, can make your body store more fat.



Reduce stress and improve sleep

Stress can contribute to high blood pressure and other heart risks.

Not getting enough sleep or regularly getting poor quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Aim for 7–8 hours of sleep a night.

Manage sleep and stress, together:

Practicing meditation, being more physically active, doing relaxation therapy, and talking with someone you trust can help you cope with stress and sleep better. Find a friend or family member who shares your goals. Together, take steps to lower your stress and follow healthy sleep practices, like having a regular bedtime and not eating late at night.



Quit smoking

The chemicals in tobacco smoke harm your heart and blood vessels in many ways. Quitting is hard, but many people have succeeded, and you can too. Set a quit date and let those close to you know about it. Ask your family and friends for support in your effort.

Be smoke-free, together:

The websites [BeTobaccoFree.hhs.gov](https://www.beTobaccoFree.hhs.gov) and [Smokefree.gov](https://www.Smokefree.gov) have many free resources, including apps and a chat line, to help you connect with others trying to quit. To keep your hands busy and be with others when you get urges, consider taking an online class for an activity like sewing, knitting, woodworking, art, or music.



Know your numbers

Meet your heart health goals by keeping track of how much you exercise, your blood pressure, your cholesterol numbers—all of which can impact your heart health—and tell your doctor how you're doing.

Track your heart health stats, together:

Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart-healthy track. Ask your friends or family to join you in the effort. Check out NHLBI's **Healthy Blood Pressure for Healthy Hearts: Tracking Your Numbers worksheet and other materials** at www.nhlbi.nih.gov/hypertension





American Heart Association®

Healthy for Good™

KEEP IT FRESH

Stretch your produce and dollars by knowing how to store fresh fruits and vegetables. The **American Heart Association** recommends 2 cups of fruit and 2.5 cups of vegetables per day.

Generally:

Fridge temperature should be at 40° F or below. Always refrigerate cut or peeled produce. Store vegetables and fruits separately. Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce, as they can affect how quickly other items ripen and rot.

Pantry

Pack away in a cool, dark place like your pantry or cellar:

GARLIC, ONIONS & SHALLOTS

HARD SQUASH

(Winter, Acorn, Spaghetti, Butternut)

**SWEET POTATOES,
POTATOES, & YAMS**

WATERMELON

Countertop

Store loose and away from sunlight, heat and moisture:

BANANAS

CITRUS FRUIT

Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

STONE FRUIT

Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.

TOMATOES

Refrigerator

Store in plastic bags with holes in your produce drawer, unless noted:

APPLES & PEARS

BEETS & TURNIPS

Remove greens and keep loose in the crisper drawer.

BERRIES, CHERRIES & GRAPES

Keep dry in covered containers or plastic bags.

BROCCOLI & CAULIFLOWER

CARROTS & PARSNIPS

Remove greens.

CELERY

CORN

Store inside their husks.

**CUCUMBERS,
EGGPLANT & PEPPERS**

Store on the upper shelf, which is the warmer part of the fridge.

FRESH HERBS

Except basil. Keep basil stems moist and wrap loosely in plastic.

GREEN BEANS

LETTUCE & LEAFY GREENS

Wash, spin or pat dry, wrap loosely in a dish towel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

MELON

MUSHROOMS

Keep dry and unwashed in store container or paper bag.

PEAS

**ZUCCHINI &
SUMMER/YELLOW SQUASH**



Learn more at heart.org/HealthyForGood

EAT SMART **MOVE MORE** **BE WELL**

MANTÉNGALO/FRESCO

Ahorre productos y dinero al aprender cómo guardar las frutas y verduras frescas.

1 No lave, corte, o pele hasta que esté listo para comer (excepto lechuga y verduras verdes).

2 La temperatura del refrigerador debe ser de máximo 40° F

3 Siempre refrigere los productos ya pelados o cortados.

1//ALACENA

Guarde en un lugar fresco y oscuro como su alacena o bodega:

CEBOLLAS, AJO Y CHALOTES

CAMOTES, PAPAS Y ÑAMES

CALABAZAS DURAS

SANDÍAS

(calabaza de invierno, calabaza bellota, calabaza de cuello torcido, calabaza espagueti)

La American Heart Association recomienda consumir 4 porciones de frutas y 5 porciones de verduras al día.

2/ EN LA BARRA DE LA COCINA

Guarde sueltos y lejos de la luz del sol, el calor y la humedad:

PLÁTANOS

CÍTRICOS

Guarde los limones, limas, naranjas y toronjas sueltas o en una bolsa de red. Refrigérelas para que duren más.

FRUTAS CON HUESO

En una bolsa de papel madure los aguacates, chabacanos, nectarinas, duraznos y ciruelas; después muévalos al refrigerador para que le duren unos cuantos días más.

JITOMATES

3/ REFRIGERADOR

A menos que se indique lo contrario, usa bolsas de plástico con agujeros para guardar en el cajón:

MANZANAS Y PERAS

BETABELES Y NABOS

Quítele lo verde y déjalos sueltos en el cajón de las verduras.

BAYAS, CEREZAS Y UVAS

Manténlas secas en contenedores tapados o bolsas de plástico.

BRÓCOLI Y COLIFLOR

ZANAHORIAS Y CHIRIVÍAS

Quítele la parte verde.

APIO

ELOTES

Guárdelos dentro de su hoja.

PEPINOS, BERENJENAS Y PIMIENTOS

Guárdalos en la repisa superior que es la parte más cálida del refrigerador.

HIERBAS FRESCAS

Con excepción de la albahaca, mantén las hojas húmedas y sueltas en plástico.

EJOTES

LECHUGAS Y VERDURAS DE HOJAS VERDES

Lave y seque con un aparato o trapo de papel, envuelva sin apretar en una toalla o toalla de papel y pongalas en una bolsa de plástico en el cajón de las verduras.

MELONES

HONGOS

Mantengalos secos y sin lavar en un contenedor o bolsa de papel.

CHÍCHAROS

CALABACITAS Y CALABAZAS AMARILLAS

MANTENGALAS POR SEPARADO:

- Las frutas como manzanas, plátanos y peras generan gas etileno, lo que puede causar que otros productos maduren o se descompongan más rápido.
- Guarde las frutas y verduras por separado
- Mantenga las manzanas, plátanos, brócoli, coliflor, pepinos, cebollas, peras, papas y sandías alejados de otros productos.



High Protein, Low Carbohydrate Diets and Heart Health



Many people are losing weight by limiting foods high in carbohydrate (bread, rice, cereal, pasta, sweets and even fruit and milk) and eating more foods high in protein (meats, chicken, fish, cheese, eggs and nuts) instead. When it comes to heart health, this eating style has some benefits but there are also some concerns you should consider:

Pros:

- Losing weight lowers the risk of heart disease
- Sugar intake is low when sweets and sugary beverages are avoided
- The intake of unhealthy trans fat is low as baked goods and snack foods are limited

Cons:

- Some protein containing foods are very high in saturated fat, a nutrient that increases the risk of heart disease
- It can be hard to get enough fiber and antioxidants when limiting whole grains, fruits and vegetables and those nutrients are associated with lowering risk of heart disease

Dietitian Recommendations:

- Choose a plentiful amount of non-starchy vegetables such as broccoli, cabbage, cauliflower, cucumber, leafy greens, mushrooms, peppers, tomatoes and zucchini. Eat a rainbow of colors!
- Choose fish and skinless poultry more often than red meats.
- Look for sirloin, loin or round as these are lean cuts of red meat. Trim the visible fat before cooking.
- Limit high fat meats like bacon, sausage, salami, pepperoni, hot dogs, and kielbasa.
- Snack on a small handful of unsalted nuts instead of snacking on cheese or meats.
- Use liquid oils in cooking instead of butter, margarine or solid shortenings.

Ratatouille (Makes 8 Servings)

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/ratatouille>

Ingredients

- 2 tablespoons canola oil
- 1 yellow onion, sliced
- 3 garlic cloves, minced
- 2 bell peppers (green, red, or yellow)
- 1 eggplant (peeled and cut into 1 inch cubes)
- 1 can diced tomatoes, undrained (15 ounces)
- 1 teaspoon dried basil
- 1/2 teaspoon black pepper
- 1/2 cup chopped parsley

TIP: Add cubed
cooked chicken
or tofu for protein

Directions:

1. Heat oil in a large saucepan and sauté the onion, garlic, bell peppers and eggplant until tender, about 15 minutes.
2. Add tomatoes and basil, cook about 10 minutes. Add pepper and parsley before serving.
3. Serve hot. Cover and refrigerate within 2 hours.

Nutrition Facts

Serving Size
approx. 1/8 recipe

Calories: 55

Fat: 4 g

Saturated Fat: 0 g

Total Carbohydrate: 6 g

Fiber: 2 g

Added Sugar: 0 g

Protein: 1 g

Sodium: 65 mg

Potassium: 225 mg



Life is Sweet... with these Easy Sugar Swaps!

Cut back on added sugars and calories with these tasty tips and tricks.

Baking and Cooking

Unsweetened applesauce can substitute for some of the sugar in a recipe. You may need less oil, too—adjust the recipe as needed to get the taste and texture you like. Or try using a no-calorie sweetener suitable for cooking and baking.



Desserts and Sweets

Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen and canned (in its own juice or water) are all good choices. Try them baked, grilled, stewed or poached.



Dressings and Sauces

Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbeque sauce — which can have a lot of added sugars — for homemade versions so you can control the amount of sugar added to them.



Snack Mix and Granola

Make your own, without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted) — and skip the candy!



Soda/Soft Drinks

Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.



Tea and Coffee

Cut back on sugars (including honey and agave syrup) gradually until your taste adjusts to less sweetness. Try adding natural flavors like cinnamon, citrus, mint or nutmeg.



Get recipes and more tips at HEART.ORG/RECIPES

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: HEART.ORG/HEALTHYFORGOOD

PUT YOUR heart INTO GETTING ACTIVE

Heart disease is the leading cause of death among Americans, and physical inactivity is one of several major risk factors. So put your heart into getting active. Here are 5 tips to get you going.

THERE ARE NO GOOD EXCUSES

You can get active throughout the day. Take walks at work instead of coffee breaks, or just do more of what you already love—biking, dancing, and gardening all count.



CHOOSE ACTIVITIES THAT SUIT YOUR STYLE

While some people like to exercise alone, others benefit from the support of group classes or team sports. Whether indoors or outdoors, find what works for you and get your most vigorous physical activity at the time of day you feel most energetic, so you'll stick with it.



YOU DON'T HAVE TO SPEND ALL DAY AT THE GYM

Aim for a total of 2 hours and 30 minutes of moderate-intensity aerobic activity each week—spending at least 10 minutes at a time. This level of activity can reduce your risk for heart disease and your chances of developing other risk factors, such as high blood pressure, diabetes, and being overweight. Other lifestyle benefits include providing energy, reducing stress, and building confidence.



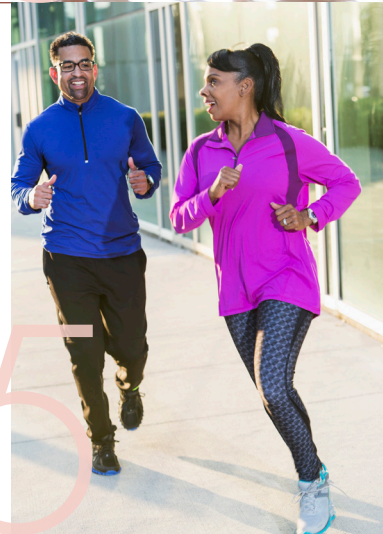
A COMPLETE PROGRAM HAS THREE TYPES OF ACTIVITY

1) Aerobic activity like brisk walking, jogging, dancing or biking gets your heart rate up. 2) Resistance training (like doing pushups) firms, strengthens, and tones muscles. 3) Flexibility exercises stretch and lengthen muscles so you're more flexible—think yoga.



ONCE YOU GET ACTIVE, MAKE SURE YOU STAY ACTIVE

If you get bored with an activity, try something new by joining a gym or the YMCA. Set short- and long-term goals to become more physically active, and plan ahead by scheduling your physical routines into your day—that way, you'll make it a priority.



Find out more about getting active and living a heart healthier lifestyle by visiting www.hearttruth.gov and www.nhlbi.nih.gov/health



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PONLE corazón A LA ACTIVIDAD FÍSICA

La enfermedad del corazón es la principal causa de muerte en los estadounidenses y la falta de actividad física es uno de los factores de riesgo más importantes. Así que ponle corazón a la actividad física. Aquí te damos 5 consejos para empezar.

NO NECESITAS ESTAR TODO EL DÍA EN EL GIMNASIO

Realiza un total de 2 horas y 30 minutos de actividad aeróbica de moderada intensidad por semana—dedícale al menos 10 minutos cada vez. Esto puede reducir tu riesgo de desarrollar la enfermedad del corazón y otros factores de riesgo, como la presión arterial alta, diabetes y tener sobrepeso. También puede aumentar tu autoestima y disminuir el estrés.



NO HAY BUENAS EXCUSAS

Puedes hacer actividad física durante el día. Sal a caminar durante los descansos del trabajo en vez de tomar café. O simplemente haz más de lo que te gusta hacer, ya sea bailar, plantar flores en tu jardín o andar en bicicleta.



UN PROGRAMA COMPLETO TIENE 3 TIPOS DE ACTIVIDADES

1) Actividad aeróbica para elevar los latidos del corazón: caminar rápido, correr a paso lento o andar en bicicleta. 2) Entrenamiento con resistencia: levantar pesas o hacer flexiones de brazos para reforzar los músculos. 3) Ejercicios de estiramiento para que tus músculos sean más flexibles, como yoga.



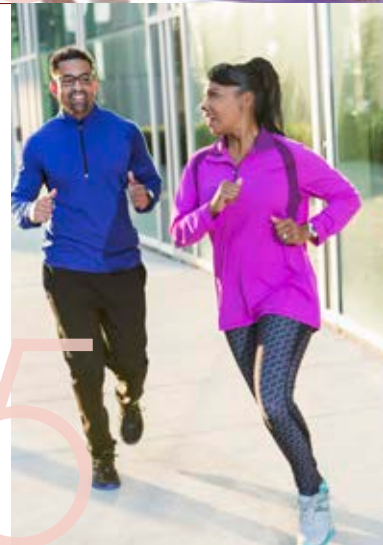
SELECCIONA ACTIVIDADES EN LAS CUALES TE SIENTAS CÓMODA

Algunas personas prefieren realizar actividad física de forma grupal, mientras que otras prefieren hacerla solas. También hay personas que prefieren realizar estas actividades afuera en un parque y otras en un gimnasio. Busca qué es lo que mejor te funciona y haz la actividad física más vigorosa cuando tengas más energía, de esta manera podrás mantener este estilo de vida a largo plazo.



CONSEJOS PARA MANTENER UN ESTILO DE VIDA ACTIVO PARA TODA LA VIDA

Si te aburres, intenta algo nuevo como unirse a un gimnasio o al YMCA. Crea objetivos a corto y largo plazo y establece una rutina diaria que te dé la oportunidad de hacer ejercicio, la actividad física debe ser una prioridad.



Aprende más sobre la importancia de la actividad física para tener un corazón y una vida saludable.

Visita www.hearttruth.gov/es



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Loving-Kindness Meditation



Loving-kindness meditation is a way to practice feeling unconditional compassion for ourselves and all beings. Some studies suggest it can help boost your empathy and feelings of connection and reduce bias, anger, depression and anxiety.

How does it work?

Sit quietly and direct kindness and love to yourself, then expand in circles of compassion outward to others.

1



Yourself:

Direct kindness and compassion to yourself by repeating a thought like, "May I be happy."

2



Family and friends:

Direct your kindness to someone you love or care about by repeating, "May _____ be happy."

3



Someone neutral:

Think about someone you feel neutral about, like a coworker, neighbor or acquaintance and direct your compassion to this person by name.

4



Someone difficult:

Think about someone you dislike or have a tough time being around. Direct your kindness to this person by name.

5



Group:

Think about all of these people together and equally direct your kindness to all of them, "May they be happy."

6



Everyone:

Finally, direct your kindness everywhere. "May all beings everywhere be happy."

You can change up the thought or phrase or combine words, such as:

- May I be at peace.
- May I be loved.
- May I be healthy and strong.



Start with just a few minutes and gradually extend your time. Try it today and see if loving-kindness meditation can bring more happiness and well-being to your life.



American Heart Association.

Healthy for Good™

Meditación del amor benevolente



La meditación del amor benevolente es un método para practicar el poder sentir compasión incondicional hacia nosotros mismos y hacia todos los seres. Algunos estudios sugieren que puede ayudar a promover la empatía y los sentimientos de conexión, mientras que reduce los prejuicios, el enojo, la depresión y la ansiedad.

¿Cómo funciona?

Siéntate en silencio y dirige la bondad y el amor hacia ti; luego, expande esos sentimientos en círculos de compasión hacia el exterior para que lleguen a otras personas.

1



Tú:

Para dirigir la bondad y la compasión hacia ti, repite un pensamiento del tipo “deseo ser feliz”.

2



Familiares y amigos:

Para dirigir tu bondad hacia alguien que quieres o que te importa, repite algo como “deseo que (nombre de la persona) sea feliz”.

3



Una persona neutra:

Piensa en una persona por la que tengas un sentimiento neutro, como un compañero de trabajo, un vecino o un conocido, y dirige tu compasión hacia esa persona diciendo su nombre.

4



Una persona difícil:

Piensa en una persona que no te agrada o de quien te resulta difícil estar cerca. Dirige tu bondad hacia esta persona diciendo su nombre.

5



Un grupo:

Piensa en todas esas personas juntas y dirige tu bondad de forma equitativa hacia todos; repite algo como “deseo que todos ellos sean felices”.

6



Todos:

Por último, dirige tu bondad hacia todas partes y repite: “Deseo que todos los seres sean felices”.

Puedes cambiar el pensamiento o la frase, o combinar palabras, por ejemplo:

- Deseo estar en paz.
- Deseo que me amen.
- Deseo estar saludable y ser fuerte.



Comienza con solo unos minutos y extiende el tiempo de manera gradual. Inténtalo hoy mismo y descubre si la meditación del amor benevolente puede entregarle más felicidad y bienestar a tu vida.

Sleep Well



Do you feel drained of energy before you even leave the house? You're not alone. **More than one in three adults don't get the recommended 7 to 9 hours of sleep each night** — and that can take a toll on your body and mind.

Making some small changes in your daily habits could make a big difference in your overall health. Try these snooze-worthy tips and tricks with your family and friends for four weeks.

Week 1

Be active during the day to help reduce stress and sleep better.

- Add physical activity into your daily routine. Walking counts! It can relieve stress, boost brain function (including your memory and attention) and help you sleep better at night.
- Try mindfulness, meditation or deep breathing to manage stress.
- If exercising too close to bedtime keeps you awake, try working out earlier in the day and doing some relaxing yoga in the evening.

Week 2

Establish a nighttime routine including a bedtime alarm.

- Go to bed and wake up at about the same time each day to sleep better.
- Set a daily bedtime alarm, counting backwards 7-10 hours (depending upon how much wind-down time you need) from your ideal waking time.
- Choose sleep over getting one more thing done. Good sleep can help you be more productive and accomplish more during the day.

Week 3

Create a morning routine with a positive activity.

- Start your morning with a healthy activity like a walk around the block, meditation, gratitude journaling or yoga. Looking forward to a few moments of “me time” could make it easier to get up.
- Break the snooze button habit. Sleeping past your alarm can make you groggy in the morning.
- Try habit chaining. Connect the new habit to something you do automatically every morning. For example, do a few yoga moves right after you brush your teeth.

Week 4

Wind down tech-free at bedtime.

- Charge your phone and other devices away from your bed.
- Try reading, listening to music or catching up on a podcast instead of scrolling and swiping into the night. The bright blue light could be sabotaging your sleep cycle.
- Go low-tech. Try an old-school alarm clock and stash a pen and notepad by your bed so you don't reach for your phone when inspiration strikes.

If you've tried everything and still can't sleep well, you may have a sleep disorder. Talk to your doctor or health care provider.

Learn more about improving your sleep and health at heart.org/HealthyForGood

Duerme bien



¿Sientes que no tienes energía incluso antes de salir de tu casa? No eres el único. **Más de uno de cada tres adultos no duerme de 7 a 9 horas, como se recomienda, cada noche**, lo que puede afectar el cuerpo y la mente.

Realizar algunos pequeños cambios en tus hábitos diarios puede marcar una gran diferencia en tu salud general. Durante cuatro semanas, prueba con tu familia y amigos estos trucos y consejos que sí vale la pena repetir.

Semana 1

Mantente activo durante el día para disminuir el estrés y dormir mejor.

- Incorpora actividad física en tu rutina diaria. ¡Caminar sí cuenta! Puede aliviar el estrés, estimular la función cerebral (incluida la memoria y la atención) y ayudarte a dormir mejor durante la noche.
- Prueba la conciencia plena, la meditación o la respiración profunda para lidiar con el estrés.
- Hacer ejercicio muy cerca de la hora de dormir te mantiene despierto; por ende, es mejor si intentas entrenar más temprano durante el día y practicas yoga de relajación en la tarde.

Semana 2

Establece una rutina nocturna, con una alarma para acostarte incluida.

- Acuéstate y despiértate a la misma hora todos los días para dormir mejor.
- Pon una alarma diaria para irte a la cama. Cuenta hacia atrás entre 7 y 10 horas (según el tiempo de descanso que necesites) desde tu hora ideal para despertarte.
- Elige dormir en vez de hacer una cosa más. Un sueño reparador puede ayudarte a ser más productivo y lograr más durante el día.

Semana 3

Crea una rutina matutina con una actividad positiva.

- Comienza tu mañana con una actividad saludable como un paseo corto, una meditación, un diario de gratitud o una sesión de yoga. Esperar con ansias el poder tener unos momentos de "tiempo para mí" podría hacer que sea más fácil levantarse.
- Deja el hábito de posponer la alarma. Seguir durmiendo luego de que suena la alarma puede hacerte más somnoliento durante la mañana.
- Intenta enlazar tus hábitos. Conecta el nuevo hábito con algo que haces automáticamente cada mañana. Por ejemplo, haz algunas posturas de yoga justo después de lavarte los dientes.

Semana 4

Desconéctate de la tecnología a la hora de dormir.

- Carga tu teléfono y otros dispositivos lejos de tu cama.
- Intenta leer, escuchar música o ponerte al día con un podcast en lugar de "desplazarte" y "deslizarte" por la pantalla hacia el desvelo. El brillo de la luz azul podría estar saboteando tu ciclo de sueño.
- Cámbiate a una tecnología más básica. Prueba con un reloj despertador al estilo antiguo y mantén un lápiz y una libreta junto a tu cama para que no tomes tu teléfono cuando te llegue la inspiración.

Si has probado todo y aún no puedes dormir bien, es posible que tengas un trastorno del sueño. Habla con tu médico o profesional de la salud.

Obtén más información sobre cómo mejorar tu sueño y tu salud en heart.org/HealthyForGood