

As National Heart Health month comes to an end, here are 5 easy tips to keep your ticker healthy and happy. Make good health a priority all year long.



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CAN DIABETES BREAK YOUR HEART?

Did you know that the leading cause of pre-mature death for people with diabetes is heart disease?

Or that 2 out of 3 people with diabetes die from heart disease or stroke?

5 EASY KEYS TO A HEALTHY HEART



MOVE YOUR BODY

At least 30 minutes of physical activity, 5 or more x a week: 2nd lining, walking, and dancing are great cardio!



IF YOU SMOKE, QUIT!

Avoid breathing 2nd hand smoke. Call Megan at NOMC 504 412-1366 for smoking cessation resources.



EAT HEALTHY

Nuts, berries, fruit, vegetables, whole grains, lean meat and healthy oils. Select slow foods instead of processed & fast foods. Replace salt with lemon juice, herbs & spices. Make sure you get 25 grams of fiber each day. Avoid sugars.



LOSE WEIGHT: EVERY 5 LBS. MATTERS

Losing 5-10% of your current weight, even as little as 10-20 pounds, will make a major improvement in your insulin resistance and health benefits. NOMC is here to help you. Call us at 504 412-1366.



PRACTICE SELF-CARE

Take your medications and check your sugar levels each day. Schedule check-ups at NOMC to make sure your blood pressure, blood sugar and cholesterol are on target.

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