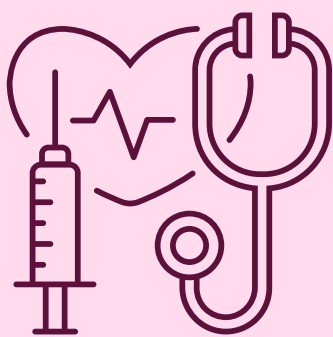# NorthShore®

Your Recipe for a Heart-Healthy Valentine's Day

1. Treat Yourself to a Walk

The American Heart Association recommends 2.5 hours of moderate exercise a week. Schedule a brisk, 30-minute walk every day to help lower the risk of heart disease, high blood pressure and more.

2. Check Blood Pressure & Cholesterol

Get levels checked annually and follow your doctor's guidelines for heart health. If you haven't had them tested in the past year, Valentine's Day is a great reminder to make an appointment.

3. Find Heart-Healthy Meals

Keep an eye on eating habits and see if you can swap in healthier substitutes. The National Heart, Lung and Blood Institute offers a number of recipes that are easy to follow and incorporate into your life.

4. Choose Desserts Wisely

Opt for healthy sweets for you and your sweet. Almonds with dark chocolate can offer a low sugar, satisfying after-dinner snack. You can also find heart-healthy dessert recipes from the AHA .
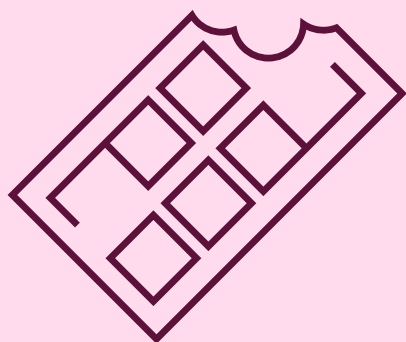
5. Get a Good Night's Sleep

The CDC recommends that people avoid artificial light and limit food and drink before bedtime. Find yourself waking up often to use the restroom? NorthShore has an article on nocturia that may be helpful.

For more tips and resources, visit NorthShore.com