

Lifestyle Strategies to Prevent Heart Failure

Heart healthy diet - Vegetables, nuts, fruit, low-fat dairy, fish, lean meats. Limit sodium, saturated and trans fats, added sugars, and alcohol



Monitor blood pressure and treat hypertension

Manage weight, Body Mass Index (BMI) under 25



Routine physical activity – 30 minutes of exercise 5 days a week

Manage life stress.



Smoking cessation. Avoid second hand smoke.

