

# 6 Ways to show your heart some love

February is Heart Awareness Month, but your heart deserves your affection year-round. Show your heart some extra love with these six easy, healthy activities.



## Cook a heart-healthy version of a favourite recipe:

Replace saturated fats like butter with healthier fats like olive or canola oil.



## Take a moment to unwind:

Meditate, draw a warm bath, or try this quick muscle relaxation exercise to soothe your body and mind.



## Swap out the salt:

Try low-sodium seasonings like pepper, garlic, herbs, or lemon zest.



## Let yourself rest:

Aim for 7-9 hours of sleep each night. Try to reduce your screen time before bed — the quality of your sleep matters as much as the quantity.



## Get moving:

Do some yoga, take a walk while calling a loved one, or try one of our easy exercise routines. Staying active can help lower your blood pressure and improve your circulation.



## Listen to your heart:

Checking your blood pressure regularly helps you track your heart health and identify when you might need to adjust your management routine.

