

MY, HEART, MY HEALTH

Charles Cudd

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Learn how to control your cholesterol. Here are 10 evidence-based reasons why good sleep is important. Try to eat fish at least twice a week, suggests the AHA. When paired with low-fat chips or fresh veggies, salsa offers a delicious and healthy snack. The authors suggest that salt is one of the leading drivers of rising healthcare costs in the United States. Moderate consumption of alcohol can help raise your levels of HDL, My Heart, My Health good cholesterol. Like other forms of aerobic exercise, it raises your heart rate and gets your heart pumping. Next time you want to indulge your sweet tooth, sink it into a square or two of dark chocolate.