

Adopting heart-healthy habits is crucial for ensuring a longer, healthier life and reducing the risk of heart attacks. Incorporating lifestyle changes such as regular exercise, maintaining a balanced diet, managing stress levels, avoiding tobacco use, and moderating alcohol consumption can significantly improve heart health. A diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can lower cholesterol levels, regulate blood pressure, and reduce inflammation, all of which are essential for cardiovascular health.