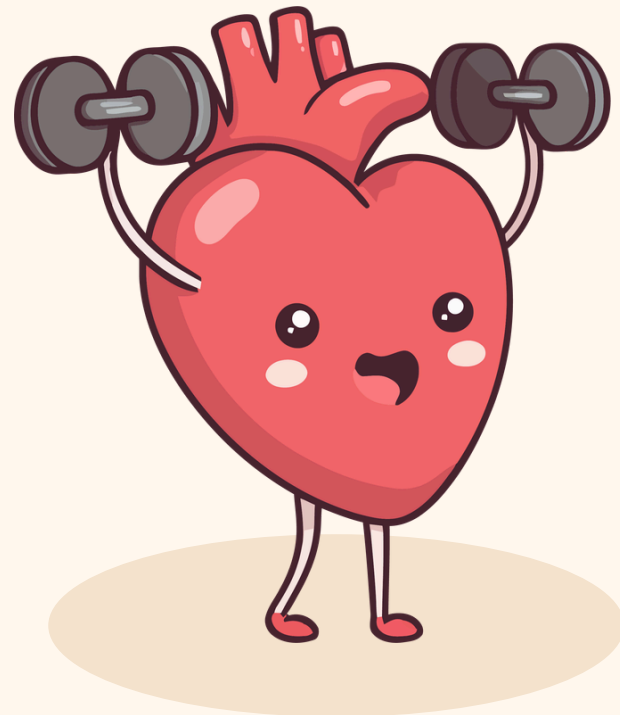




## Tip #1: Stay Active


Keeping your heart strong is as simple as staying active. Aim for 30 minutes of movement, five days a week, to give your heart the care it deserves!

You don't have to do all 30 minutes at once! Three 10-minute walks throughout the day are just as effective as one long session.



## Remember...

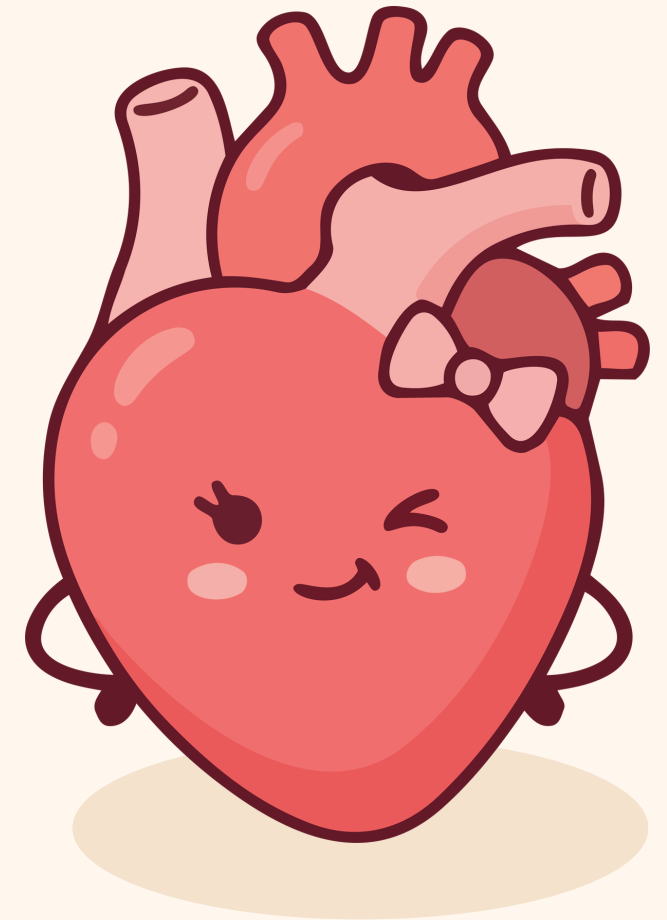
Staying healthy starts with regular checkups and heart monitoring. At Imperial Primary Care Medical Group, our dedicated team is here to ensure you receive the personalized care you deserve

 (562) 902-3000

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## Tips for a Healthy Heart

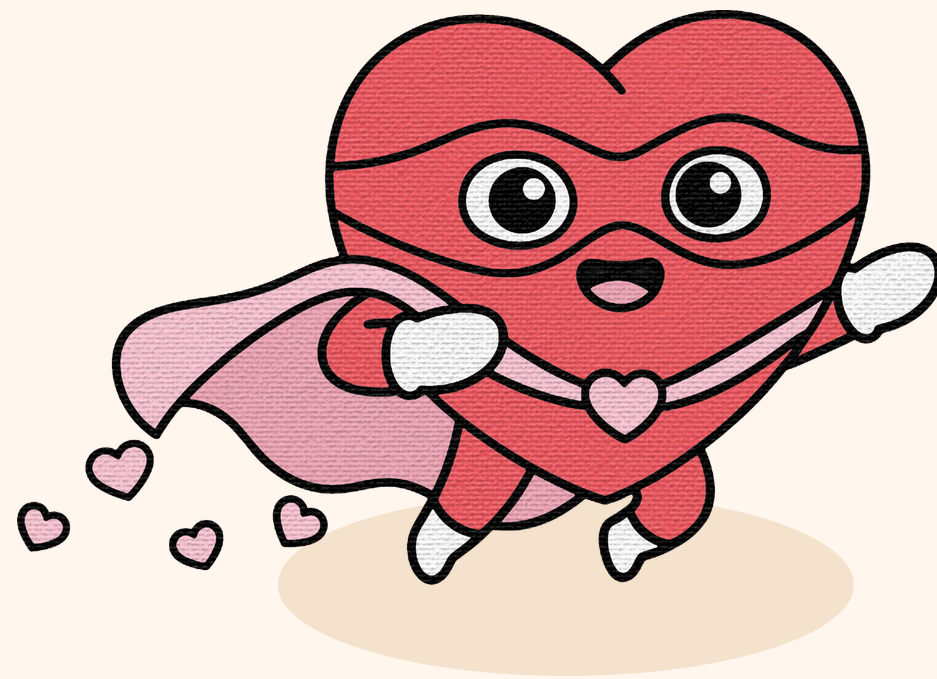
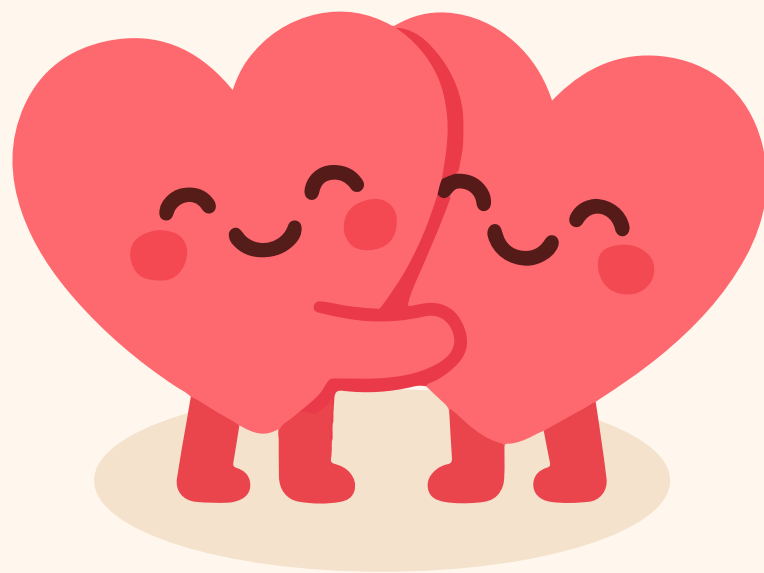


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& AFTER HOURS CLINIC**



## Tip #2: Focus on healthy eating habits

While a daily cheeseburger might sound delicious, your heart might disagree. What we eat plays a starring role in our cardiovascular health. To keep things in balance, try to limit red meats, fried foods, and high-sodium snacks. Instead, fill your plate with colorful fruits and vegetables—your heart will thank you for the variety!



## Tip # 3: Follow your treatment plan

You may have been diagnosed with high blood pressure, high cholesterol, diabetes or other conditions that increase your risk for heart disease or stroke. Lower your risk by following your prescribed treatment plan, including medications and lifestyle and diet changes.



## Tip #4: Listen to Your Heart & Recognize the Signs

Symptoms of a heart attack don't always look like they do in the movies. They can often be subtle, especially in older adults. Watch for:

- Pressure: A feeling of "an elephant sitting on your chest."
- Aches: Persistent pain in the neck, jaw, or upper back.
- Breathing Issues: Difficulty catching your breath without exertion.
- Dizziness: Feeling lightheaded or unusually weak.

Action Step: If you suspect a heart attack, do not drive yourself to the hospital. Call 911 right away.

