Heart-Healthy Tips for Older Adults

The Village
at
Rockville

A National Lutheran Community

Heart disease is one of the leading causes of health complications for older adults, but the good news is that a large percentage of heart issues are preventable with proper care. By making mindful choices, you can keep your heart healthy, reduce risks of disease and enjoy an active, fulfilling lifestyle. These seven tips offer practical, effective ways to prioritize cardiovascular health.

1. Stay active with regular exercise

Regular exercise is essential for heart health — but maintaining physical activity doesn't have to involve intense workouts. Low-impact exercises like walking, yoga, tai chi and swimming can improve circulation, lower blood pressure, reduce bad cholesterol and boost mood and metabolism.

Try creating a routine that incorporates physical activity you enjoy. A daily 30-minute walk around your community, or joining a local fitness class, can lead to a healthier heart and stronger connections to others.

2. Choose heart-healthy foods

Your diet plays a major role in keeping your heart strong. Focus on foods that reduce inflammation and support good cholesterol levels, while limiting those high in saturated fats, trans fats and sodium.

Foods to incorporate:
- Leafy greens like spinach and kale
- Omega-3 rich foods like salmon, walnuts and flaxseeds
- High-fiber foods such as oatmeal and brown rice
- Colorful fruits like berries and oranges

Foods to limit:
- Processed meats
- Sugary snacks
- Fried or overly salty foods

EQUAL HOUSING OPPORTUNITY

3. Keep your stress levels in check
Chronic stress can take a toll on your heart over time. Manage stress by practicing meditation or deep-breathing exercises, spending quiet moments in nature or connecting with loved ones regularly. Even just 10 minutes a day to sit quietly with a cup of tea and listen to calming music can relax your mind and benefit your heart.

4. Get quality sleep
A good night's sleep benefits the entire body, and your heart is no exception. Poor sleep increases your risk of heart conditions, high blood pressure and weight gain. Improve sleep by sticking to a consistent bedtime, reduce screen time before bed and create a comfortable sleep environment that is cool, dark and quiet.

5. Stay social
Staying connected with others isn't just good for your mood — it's good for your heart too! Studies show that maintaining strong social relationships can lower blood pressure, reduce feelings of isolation and even lengthen lifespan. Try joining interest-based clubs or groups, volunteering for local organizations or taking a class. Even a simple phone call or video chat with a loved one can brighten your day and boost your overall happiness.

6. Schedule preventive health checkups
Staying proactive about your health is one of the simplest ways to protect your heart. Regular doctor visits help monitor important metrics like blood pressure, cholesterol and blood sugar levels — key indicators of heart health.

Take the next step for a healthy life
Living a heart-healthy lifestyle doesn't have to be daunting — it's easier when supported by like-minded individuals. Choosing to live in a Life Plan Community surrounds you with curated resources, wellness programs and experts designed to help you achieve your health goals while cultivating meaningful relationships.

Contact The Village at Rockville—A National Lutheran Community at 301-355-2801 to learn more about how we can support your journey to wellness.

Call 301-355-2801 or visit: www.thevillageatrockville.org

The Village at Rockville is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.