

Mayo Clinic Minute

3 tips for a healthy heart in the new year

| Video | Audio |
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| | As we kick off the new year, a lot of us will make resolutions to be healthier in 2018. |
| | Mayo Clinic cardiologist Dr. Amy Pollak has three tips to help make it happen. |
| 00:27:20 AMY POLLAK, M.D. CARDIOVASCULAR DISEASES Mayo Clinic | “The first one is to check your blood pressure because you don’t know if it’s high or if it’s at goal unless you’re checking it.” |
| | She says you should be checking it about two to three times per week so you notice any changes. |
| 00:27:56 | “Tip two: a low-salt diet.” |
| | As good as it tastes, Dr. Pollak says too much salt can wreak havoc on your heart. |
| 00:27:56 | “So really focus on lower salt options and also balance this with unprocessed foods – fruits, vegetables, lean meats.” |
| 00:28:46 | “And then tip No. 3 is you have to get active.” |
| | She says that doesn’t mean you have to spend an hour on the treadmill every day. |
| | Find something, anything you love to do that gets you moving. |
| 00:29:09 | “And the goal really should be five days a week. And there are going to be periods in your week, in your month where that’s not possible. And so cut yourself some slack and then just start fresh the next week, because I’ve decided that life is a process of getting back on the bandwagon, getting back in shape.” |
| | For the Mayo Clinic News Network, I’m Ian Roth. |

