

Mayo Clinic Minute

Myth-busting heart health

Video	Audio
Vivien Williams	Let's myth-bust three ideas about heart health.
Jordan Ray, M.D. Cardiovascular Disease Mayo Clinic	"Patients who come to see me in clinic often think that to avoid cardiovascular outcomes requires a dramatic, huge lifestyle change."
Vivien Williams	Dr. Jordan Ray says myth No. 1 is exercise. You don't have to join a gym or be a triathlete.
Jordan Ray, M.D.	"If you just have a structured walking routine that you're getting cardiovascular benefits, and that can be a gateway to more intense exercise. But it's important just get up and walk for 20, 35 minutes."
Vivien Williams	No. 2 is diet. You don't have to eat a boring diet to be heart-healthy.
Jordan Ray, M.D.	"The traditional diet that I recommend is the Mediterranean diet."
Vivien Williams	Eat veggies, fish, olive oil, nuts, whole grains and limit added sugar and alcohol.
Vivien Williams	No. 3 is putting it altogether. Dr. Ray says some patients say that ...
Dr. Jordan Ray	"... I'll eat really well, but I won't exercise."
Vivien Williams	It's best to do both. But take baby steps, and work in good habits slowly.
Dr. Jordan Ray	"Some of these subtle things that you can do can have dramatic benefits in the long term."
	For the Mayo Clinic News Network, I'm Vivien Williams.

