

## Mayo Clinic Minute: Invest now for better heart health later

Heart disease is the No. 1 killer of both men and women — in the U.S. and around the globe. Overall, men over 45 and women over 55 are more likely to have a heart attack than those who are younger.

Dr. Rekha (RAY-ka) Mankad, a Mayo Clinic cardiologist, says it's crucial to invest now in your heart health for better heart health later.

Video	Audio
	Can a steady diet of chips, pizzas, burgers and fries in your younger years affect you later?
Rekha Mankad, M.D. Cardiovascular Medicine Mayo Clinic	"The choices you make in your teens and 20s are going to affect you years down the road."
	Heart disease progresses slowly, says Dr. Rekha Mankad.
	"Healthy choices — such as exercising regularly, maintaining an ideal body weight, eating healthy — the earlier you do these things, and the longer you can maintain them, the more likely you're going to protect your heart for decades to come."
	Move more, she says. Add regular daily walks.
	"Walking is something you can do pretty easily. And you don't have to take 30 minutes out of your day necessarily.
	Take the stairs instead of an elevator, park as far away as you can from an entrance door. Little changes can add up. And can become healthy habits.
	"It is never too late to become heart healthy. You can become heart healthy in your 70s and 80s. And there will still be benefit for you."
	For the Mayo Clinic News Network, I'm Jason Howland.