

Mayo Clinic Minute: What to do for a healthier heart

Video	Audio
	<p>The average heart beats 100,000 times per day, circulating blood and oxygen throughout the body.</p> <p>Dr. Demilade Adedinsowo (DEM-eee-LAH-day Ah-day-deen-SHAY-wo), a Mayo Clinic cardiologist, says that to keep the heart healthy, there are eight behaviors and numbers to keep in check.</p> <p>Let's start with sleep.</p>
<p>Demilade Adedinsowo, M.B., Ch.B. Cardiovascular Medicine Mayo Clinic</p>	<p>"Seven to eight hours of sleep at night is recommended for ideal cardiovascular health."</p>
	<p>Fewer hours or poor-quality sleep can lead to physical symptoms that affect the rest of your body, including your heart.</p> <p>In addition to sleep, it's important to ...</p> <p>Maintain an appropriate weight...</p> <p>Keep blood glucose, blood cholesterol and blood pressure within range...</p> <p>Avoid smoking and secondhand smoke exposure...</p> <p>Follow an eating plan rich in nutrients, such as the Mediterranean or DASH diets...</p> <p>And exercise...</p>
	<p>"Get at least 150 minutes of moderate-intensity physical activity every week. This does not necessarily have to be split up 30 minutes, five days a week, even though that's an easy way that we think about it. Really, every little thing that you do adds up."</p>
	<p>For the Mayo Clinic News Network, I'm Alex Osiadacz (oh-side-us).</p>