

ACTIVE AND MINDFUL LIVING

Practicing healthy lifestyle behaviors can help prevent or manage heart disease. Heart disease can be caused by many factors including high blood pressure, family history, stress, lack of movement, and more. The American College of Cardiology suggests that increasing physical activity and improving stress management through active and mindful living can have a positive impact on our prevention of disease.

Why wait to get moving or being more mindful? Start collecting these benefits TODAY:

- A stronger heart
- Improved circulation
- Lifted mood and self-esteem
- Improved sleep
- Lowered cholesterol, blood pressure, and blood sugar
- Decreased medication usage (in some cases)
- Weight management

IDEAS FOR YOU

Can you incorporate any one of these examples into your daily life?

MODERATE EXERCISE can be as simple as:

- Dancing
- Brisk walking
- Gardening
- Household chores like vacuuming
- Biking

ACTIVITIES that can help reduce stress are:

- Breathing exercises
- Meditation
- Progressive muscle relaxation
- Soothing music
- Yoga



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