Use 1,800 of THESE Daily to Prevent Heart Disease

Turn this one simple activity into a daily habit

One-one thousand…Two-one thousand…Three one-thousand…

If you're playing an old-school game of hide-and-seek, that's how you mark time in seconds while everybody hides.

That simple counting exercise might just be the secret to preventing heart disease.

Let's do the math: 1 second X 1,800 = 30 minutes.

Thirty minutes isn't really a long time. You probably spend that much time or more doing things like:

- Binge-watching shows
- Checking your phone
- Commuting
- Sleeping in

When there are 1,440 minutes in every day, 30 minutes isn't much. But it could save your life. What if you spent 30 minutes a day on exercise?

Brisk walking for 30 minutes a day (that's 1,800 seconds), can lower your risk for heart disease.[1]

A recent study looked at walking and heart disease risks. First, researchers checked the weight, blood pressure, and cholesterol levels of every person in the study.

Then the people in the study were tasked with walking 30 minutes a day for 10 weeks. They also had a couple assignments:

- Complete a health risk assessment
- Track daily steps
- Learn more about heart-healthy habits
- Increase daily steps by 10 percent or more during the 10 weeks

Guess what happened? It worked! Walking helped lower risk factors for heart disease, support weight loss, control blood sugar levels, lower cholesterol, and more.

Take a good look at your schedule. Have 30 minutes to spare or 1,800 seconds? Get up and go for a walk. You'll be glad you did, and so will your heart.

MORE

Walking:
Your steps to health
http://tinyurl.com/nnr4xhb

6 Unhealthy COVID-Eating Habits on the Rise

Not eating well? Ask for help to change your eating habits

You hungry? Even though more people are getting the COVID-19 vaccine, the pandemic is still taking a toll. And in more ways that one.

If you've gained a few pounds during the past year, you're not alone. About 42 percent of adults have gained weight during COVID-19 lockdowns and social distancing, according to the American Psychological Association.

But there's a bigger problem than just a few extra pounds. Research shows that COVID-related stress and isolation may be linked to a rise in eating disorders, including:[2]

1. Mindless snacking
2. Eating more food and bigger portions
3. Excessive fasting, avoiding food, and skipping meals
4. Eating to cope with stress, anxiety and depression
5. COVID-related reasons for not eating
6. Eating disorders

Can you relate to any of these?