

The Wellness Wheel

7 Daily Habits for a Healthy Heart

We're spinning the Wellness Wheel each month and February is all about your heart! A healthy heart keeps you energized, focused and resilient and even small steps can make a significant difference. Up to [80%](#) of cardiovascular disease is preventable through daily healthy habits like these. (WebMD)

- 1. Move regularly during the day.** Prolonged sitting increases cardiovascular risk: stand, stretch or walk each hour to help protect your heart. Aim for at least **30 minutes** of movement **five days a week** (walking counts).
- 2. Choose heart-healthy foods.** Focus on fruits, vegetables, whole grains, lean proteins and reduce sodium, sugar and unhealthy fats.
- 3. Manage stress proactively.** Simple practices like deep breathing, mindfulness or short walks can help lower stress — a key risk factor for heart disease.
- 4. Stay on top of your numbers.** Monitoring blood pressure, cholesterol and blood sugar can catch risks early.
- 5. Hydrate throughout the day.** Water supports healthy circulation and overall heart function.
- 6. Avoid smoking.** Quitting smoking rapidly reduces heart disease risk.
- 7. Get more sleep.** High-quality sleep is as important for heart health as managing other lifestyle risks. [Learn More](#)



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Link to Your Benefits Hub and complete details on all of these topics.



Stay Tuned, Stay Powered Up

Watch your inbox each month for wellness tips and to-dos. And remember, your benefit program resources are available 24/7 on Your Benefits Hub at employees.taylor.com.

Coming up next month...

We'll celebrate Nutrition Month with tips for staying nourished on a budget and boosting your confidence when it comes to food and health.