



# HEART-SMART METABOLIC HABITS

Simple science-backed steps to support blood sugar, sleep, inflammation, and stress for **heart-smart** health.

## #1 EAT PROTEIN-FIRST



Start meals with protein to keep blood sugar stable and energy steady.

## #2 WALK AFTER MEALS



A 10-minute walk after eating helps manage blood sugar and improves insulin sensitivity.

## #3 HAVE A SLEEP ROUTINE



Prioritize 7-8 hours of quality sleep to regulate hormones and support recovery.

## #4 MANAGE YOUR STRESS



Use breathing exercises, breaks, nature, or mindfulness to reduce chronic stress.

## #5 WATCH SUGAR SPIKES



Limit frequent use of sugary/high-carb foods that cause blood sugar spikes.

## #6 MEASURE YOUR WAIST



Track waist size as a key indicator of visceral fat. Aim for <35" women, <40" men.

## #7 DO SOME STRENGTH TRAINING



2-3 times per week, include strength training to build muscle and improve insulin

## #8 ALLOW TIME TO UNWIND



Schedule daily downtime to disconnect, relax, and reset your nervous system.

Small, consistent habits lead to **big heart protection.**



Blood Sugar



Stress



Sleep



Inflammation