



BlueCross BlueShield of New Mexico



BlueResourceSM – Controlling Your Condition – Caring for Your Heart

Show Your Heart Some Love

Everyday choices affect your heart. Doing things to keep it healthy doesn't have to be hard. Little things make a big difference:

- Use the stairs – skip the elevator
- Quench your thirst with water
- Spend less time binge-watching and more time sleeping
- Take a tech break to meditate and de-stress
- Get your steps in by taking brisk walks



Protect your heart so you can live longer.

Source: *Keep Your Heart Healthy*. U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. 2020.

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