Your state of mind has a big impact on how old you feel, so live a little—and live a little healthier.

**Celebrate heart health**

This month, choose a habit (or all 5) to add to your life for a happy heart.

1. **Eat to your heart’s content**
   - 50% fruits and veggies
   - 25% lean protein
   - 25% whole grains

2. **Move that body**
   - 150 minutes a week of exercise is all you need.

3. **Aim to lose**
   - Get and keep your BMI (body mass index) to less than 25.

4. **Watch the pressure**
   - Maintain a healthy blood pressure—120/80 or lower is ideal.

5. **Break up with a bad habit**
   - If you smoke, quit. Your heart will heart you.

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