

A Change of Heart

Taking care of your heart is one of the most important things you can do for your health and well-being.

Because heart health involves changing daily habits, it can require some real effort. To make the process easier, **try tackling only one habit at a time**. For example, if you smoke cigarettes and also eat a diet high in saturated fats, work first on kicking the smoking habit. Then, once you've become comfortable as a nonsmoker, begin to skim the fat from your diet.

Remember, nobody's perfect. Nobody always eats the ideal diet or gets just the right amount of physical activity. The important thing is to follow a **sensible, realistic plan** that will gradually lessen your chances of developing heart disease.

So keep at it! Work with your doctor. Ask family members and friends for support. If you slip, try again. Be good to your heart, and it will reward you many times over with a better chance for a longer, more vigorous life.

The text was adapted by the WellBeing team for use in the WellBeing project.

[Key References](#)

Department of Health and Human Services, National Institutes of Health et al. (2005). "Your Guide to a Healthy Heart" from http://www.nhlbi.nih.gov/health/public/heart/other/your_guide/healthyheart.pdf

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