Enjoy every heart-pounding moment by practicing some healthy basics.

Enjoy a diet high in fiber and low in unhealthy fats, and try to exercise for at least 30 minutes most days. This simple plan can help keep your weight down and your heart strong. Practice these pointers, too, to stay in tick-tock shape:

**Depressurize.**
Maintain a healthy blood pressure and heart by managing anger, anxiety, depression, and stress.

**Just a drop.**
A glass of wine a day is fine, but too much alcohol can raise cholesterol levels and blood pressure.

**Stay faithful.**
If you’re taking aspirin or other daily heart medications, keep taking them as advised or prescribed.

Visit [kp.org/heart](http://kp.org/heart) to learn more about heart health.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Ohio • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232