Heart-Healthy Daily Habits Better Energy



Simple, sustainable strategies for cardiovascular health & daily productivity.

Why Heart Health Matters

Heart health isn't just about long-term prevention — it directly impacts how you feel every single day. Your heart affects your energy, focus, mood, and performance.

Consistent Energy | Better Focus | Improved Mood | Stronger Performance

DID YOU KNOW?

Heart disease remains a leading health concern — but daily lifestyle habits make a powerful, measurable difference in cardiovascular health.

COACH INSIGHT

You don't need extreme changes — small, consistent habits create lasting cardiovascular health. Progress over perfection, every time.

Heart-Healthy
Nutrition Made Simple

Aim to include a mix of these components at each meal for lasting energy and heart support.

Vegetables	Lean Protein	Whole Grains	Healthy Fats
½ your plate	¼ your plate	¼ your plate	Small addition

Heart-Healthy Foods to Prioritize

Fruits & Vegetables

- Rich in antioxidants & fiber
- Reduce inflammation
- Support blood pressure
- Aim for a colorful variety

Whole Grains

- Oats, quinoa, brown rice
- Steady, lasting energy
- High in fiber — helps cholesterol
- Swap refined grains when possible

Lean Proteins

- Salmon & tuna (omega-3 rich!)
- Chicken & turkey (skinless)
- Legumes & lentils
- Limit red & processed meats

Healthy Fats

- Olive oil — cook & drizzle
- Avocados — on everything
- Nuts & seeds — snack smart
- Avoid trans fats & excess sat fat

CHEF TIP:

Use herbs, spices, citrus & vinegar instead of heavy salt sauces. Build meals that are heart-healthy AND genuinely delicious.

Your Logo

Real-Life Workday Strategies

Power Up Your Lunch

A balanced lunch keeps you full, stabilizes energy, and prevents that dreaded afternoon crash.

1 **Mediterranean Quinoa Salad**
Chickpeas, olive oil, cucumber & herbs.
Balanced · Heart-Healthy

2 **Turkey & Avocado Wrap**
Whole grain + greens + lean protein.
High Protein · Quick

3 **Salmon Bowl**
Brown rice + roasted vegetables + omega-3s.
Omega-3 · Meal-Prep

4 **Lentil Soup + Side Salad**
Fiber-rich + whole-grain bread on the side.
High Fiber · Filling

Snack Smart Between Meetings

- Fresh berries
- Unsalted nuts
- Greek yogurt + honey
- Veggies + hummus

Smart snacks prevent energy dips and overeating at your next meal. Plan ahead!

Move More Throughout the Day

You don't need long workouts—a few minutes of movement every hour adds up!

At Your Desk
- Seated leg raises
- Shoulder rolls
- Wall push-ups
- Standing stretches

Simple Habits
- Walking meetings
- Walk after meals
- Light cardio you enjoy
- 2 min/hour

Your Style
- Consistency > intensity
- Any movement counts
- Pair with something fun
- Block it in your calendar

Your Logo

Your Heart-Health Checklist

Daily Habits

- [ ] Balanced meals (protein, fiber, fats)
- [ ] Fruits or vegetables included
- [ ] Drank enough water
- [ ] Moved my body — even briefly
- [ ] Took time to manage stress

Weekly Habits

- [ ] Exercised at least 3–5 times
- [ ] Planned heart-healthy meals
- [ ] Chose healthier snacks most days
- [ ] Prioritized sleep
- [ ] Scheduled any health check-ins

Mindset Check

- [ ] Focused on progress, not perfection
- [ ] Built habits I can sustain long-term
- [ ] Supported my long-term heart health
- [ ] Celebrated at least one win
- [ ] Stayed consistent — even imperfectly

WorkdayWins

- [ ] Took movement breaks during the day
- [ ] Avoided processed snacks
- [ ] Made at least one heart-healthy meal choice

Coach Notes

Write here...

Protein or nutrition goal:

Movement recommendation:

Write here...

Habit to focus on this week:

Write here...

Heart health isn't built in one workout or one meal — it's built through daily habits that Support your energy, focus, and longevity. Every small choice adds up to a stronger, healthier you.