



*Rizzi Geriatric  
Associates*

## THE RIZZI DIFFERENCE NEWSLETTER *∞* FEBRUARY 2022

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### Keep Moving!

February is Heart Health Awareness month! It is a known fact that heart disease is a major threat to seniors and though heart disease risks increase with age, the right diet and lifestyle can help protect you.

The heart is a muscle, just like any other muscle in the body. As people age, they often become less active. Over time, this can weaken the heart's main pumping chamber, the left ventricle, causing it to stiffen. However, just like other muscles in the body, the heart, with regular exercise, can become stronger, and heart disease in some cases can even be reversed. Essentially "exercise" and a healthy diet can slow heart aging!

Here are some tips for a healthy heart!

- Keep moving! Physical activity of any kind is heart healthy! A nice walk every day is enough! If 30 mins of exercise is too much at one time, break it up into smaller increments. You don't need to join a gym! You just have to move.





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### More helpful suggestions:

- Stick to a healthy diet low in sodium, fat and sugar
- Eat plenty of vegetables, fruits, whole grains, fish, and nuts
- If you smoke, work on quitting. The chemicals in tobacco smoke are very harmful to blood vessels.
- Reduce stress – Find ways to relax during the day.
- Get enough sleep! People who do not sleep well are more prone to high blood pressure and other health issues.

The team at Rizzi Geriatric Associates are uniquely qualified to care for patients with cardiovascular disease and other chronic health conditions. Do not hesitate to contact us if we can help you.

**We are honored to care for you!**



[www.TheRizziDifference.com](http://www.TheRizziDifference.com)