

How NOT To Have A Heart Attack

By Dr. Monte Ladner, M.D.



1. Don't smoke
2. Keep your weight down – body mass index < 25
3. Limit alcohol consumption to one drink per day
4. Exercise at a moderate to vigorous intensity for at least 30 minutes per day
5. Eat a predominantly plant-based diet high in fruits, vegetables, whole grains, beans, fish, small amounts of lean meat – NO red meat – and replace unhealthy saturated and trans fats with healthy unsaturated fats from unsalted nuts, avocados, olive oil, and canola oil
6. Avoid refined carbohydrates found in products like white bread and baked goods made with white flour

What's that? You've heard all of this before? Well, check this out: a study following 84,000 women for 14 years found that adherence to these lifestyle habits can prevent over 82% of all cases of coronary heart disease. That's right: adopting these simple healthy lifestyle habits can almost eliminate the leading cause of death in the USA.



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