



HEART HEALTH: KEY TAKEAWAYS*

Heart health is built over time. This presentation focuses on practical habits that can help support a strong heart—from knowing your numbers and eating well to moving regularly, managing stress, and paying attention to your family history.

- 1. Know your numbers.** The video emphasizes knowing and tracking key heart-health markers—especially blood pressure, cholesterol, and blood sugar—because heart disease can develop silently.
- 2. Aim for a healthy weight.** The presentation connects healthy weight with less strain on the heart and lower inflammation, noting that even a 5–10% reduction in body weight can improve heart-health markers.
- 3. Let your food support your heart.** The video encourages a focus on fiber, healthy fats, and less sugar, with the reminder that everyday food choices can either support health or contribute to inflammation.
- 4. Remember: your heart is a muscle.** Regular movement and exercise are highlighted as important ways to keep the heart strong. Staying active is a heart-health habit at every age.
- 5. Address the major risk factors.** The presentation highlights managing blood pressure, cholesterol, blood sugar, and weight, while also reducing tobacco exposure and limiting excess sodium and alcohol.
- 6. Don't overlook stress.** Stress is presented as an important factor that can affect the heart and overall health. Managing stress becomes part of the bigger picture of healthy aging.
- 7. Know your family history—and start early.** Understanding your family's health history can help you have more informed conversations with your healthcare professional and identify areas worth watching as you age.
- 8. Healthy habits matter in every decade.** The video suggests starting with nutrition in your 20s, focusing on stress in your 30s, keeping movement a priority in your 40s, taking a broader approach in your 50s, and being especially intentional about nutrition, movement, stress, and overall self-care in your 60s and beyond.

Heart-health support discussed in the video: a basic multivitamin and protein as foundational nutrition, followed by targeted products such as OmegaGuard, Blood Pressure, Cholesterol Complex, and Vivix. The presentation frames these as supplemental support alongside healthy habits and appropriate medical care—not as a replacement for working with your healthcare professional.

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