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Tips for Strong Arteries



Running, swimming/ pool exercises, cycling, trekking or anything you enjoy 5 days/week

Stretch Regularly

Stretching helps increase flexibility and range of motion, prevent injury, and improve circulation.

Get Moving

Physical activity has numerous health benefits, including better circulation (Healthy arteries), improved mood, and better sleep.

30 minutes of moderate-intensity activity 5 days/week.



Practice Mindfulness

Mindfulness practices, such as meditation and deep breathing, can help reduce stress and anxiety, improve mood, and promote relaxation. Incorporate these practices into your daily routine.

Eat a Balanced Diet

Eating a variety of seasonal fruits, vegetables, whole grains, lean proteins and good fats boost your immune system, and prevent illnesses.



Consult with our expert for a checkup

To keep your heart and arteries healthy... Visit drnikhilmehra.in