



Denise Austin's



**Guide To A
Heart Healthy Life**

DeniseAustin.com

Guide To A Heart Healthy Life



Taking care of your heart is so important, and educating people about how to make that happen is a passion of mine. That's why I have been volunteering with the American Heart Association for over 20 years!

Heart disease is the number one killer for all of us - women and men. Studies show it has roughly 40 percent to do with your family history, but 60 percent to do with your lifestyle... which is actually great news! That means we can control 60 percent of

how our heart functions by embracing a healthy lifestyle. Changes to how you exercise, how you eat, and how you live your day-to-day life can have big impacts and help your heart!

My Guide To A Heart Healthy Life is designed to help you promote a healthy heart. Inside you will find exercise, nutrition and lifestyle tips. You will also have two cardio-focused workouts, important for heart health, three recipes that contain heart healthy ingredients, and a breathing exercise that can help you to manage unhealthy stress and blood pressure. Remember that your heart is a muscle, and you must help it along by strengthening it through exercise, nourishing it through healthy food choices, and caring for it through protective lifestyle measures.

Keep in mind that if you have an existing heart condition or have been diagnosed with any heart-related concerns, you will want to talk with your doctor before taking on any of the recommendations in my Guide To A Heart Healthy Life.

Denise Austin



FOR MORE HEART HEALTH TIPS, START YOUR 7-DAY FREE TRIAL OF MY [10-WEEK WHOLE BODY PLAN!!](#)

Guide To A Heart Healthy Life



Healthy Heart Tips

FITNESS

While a well-rounded workout plan is ideal for overall health, when it comes to heart health, cardio is key! Cardio is what gets your heart pumping, and is vital to heart health. Even a little is better than none, so if you are a beginner, start with a walk around the block. The goal is to get to 30 minutes, 3x per week of some form of cardio: walking, running, biking, dancing or swimming are good ones. [My 10-Week Whole Body Plan](#) has over 100 cardio workouts, so start your free trial to DeniseAustin.com today for inspiration – and work out with me leading the way!

NUTRITION

What you eat can affect your heart. These five foods can help promote heart health:

1. **Extra virgin olive oil.** It contains monounsaturated fat, which promotes heart health and can help lower the risk of heart attacks and heart disease
2. **Green Tea.** Green tea provides EGCG, a polyphenol that may help to lower cholesterol and fight inflammation.
3. **Salmon (or other sources of omega-3 fatty acids).** Omega-3s can help to protect against heart attack, stroke and diseases linked to inflammation.
4. **Garlic.** It has been shown to help reduce cholesterol and blood pressure.
5. **Leafy greens.** Kale and spinach provide vitamin K and nitrates, which can help improve arterial function.

LIFESTYLE

Help protect your heart with these three suggestions:

1. **Learn your family history of heart disease.** The more you know, the more you can take those healthy, preventive steps. Also visit your doctor to get your cholesterol and blood pressure checked each year.
2. **Manage stress.** Incorporate workouts that help release stress into your exercise routine. Yoga is a good option: its deep breathing and stretching gets the oxygen flowing and the blood pumping.
3. **Get plenty of sleep.** Your body needs 8 hours of sleep to stay charged. Plus, when you're overtired you're tempted to eat foods/snacks that are bad for your heart.

HEART HEALTHY EXERCISES

Cardiovascular

As noted earlier, cardiovascular exercise is so important to heart health. These two videos are excellent ways to incorporate about 30 minutes of cardio into your lifestyle. All levels of fitness can do these, but if you are a beginner, only do as much as you can to start - don't feel like you have to accomplish the entire 30 minutes right away, simply work up to it!

Walk With Me Workout

My Walk With Me Workout is a 35-minute walking workout that you can do indoors - rain or shine!



WATCH NOW



HEART HEALTHY
EXERCISES

Cardiovascular

Fat-Blasting Cardio

My Fat-Blasting Cardio Workout is a 30-minute routine that will get your heart pumping and your blood flowing - plus it's fun!!



WATCH NOW

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Start Your 7-Day Free Trial to
[DeniseAustin.com!](https://DeniseAustin.com)

LEARN MORE





HEART HEALTHY BREAKFAST

Date Pecan Oatmeal

I am a firm believer in starting the day with a meal that is not only healthy, but delicious and will give you an energy boost as well. This Date Pecan Oatmeal recipe is all of that plus it contains heart healthy nuts, oats and fruit. It's low-sodium, too!

INGREDIENTS

- 1 cup water
- 3 dates, chopped (or 1 large Medjool date)
- 1/2 cup old-fashioned rolled oats (use certified gluten-free oats if following a gluten-free diet and approved by doctor/dietitian)
- 2 Tbsp. chopped toasted pecans
- 1 tsp. chia seeds (optional)

DIRECTIONS

In a small saucepan, bring the water to a boil. Add the dates and cook for 1 to 2 minutes. Add the oats and simmer over medium heat for 5 minutes. Transfer the oatmeal to a bowl and top with the pecans and chia seeds (if using).

NUTRITIONAL INFORMATION

Makes 1 serving
Calories 325
Total Fat 15g
Saturated Fat 1.5g
Cholesterol 0mg
Sodium 0mg
Protein 7g
Total Carbohydrate 47g
Dietary Fiber 9g
Sugar 15g

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FREE TRIAL OF MY 10-WEEK WHOLE BODY PLAN!!



HEART HEALTHY LUNCH

Sesame Noodle Salad with Tofu

This recipe provides a nice mix of heart healthy veggies - edamame is especially a good source of heart healthy soy protein, provides heart healthy fiber, antioxidants and vitamin K - these may reduce the risk of heart disease. It is a plant-based meal that everyone will love the taste of!

Salad

INGREDIENTS

4 oz. spaghetti (use gluten free spaghetti if you follow a gluten-free diet)

8 oz. baked tofu

1 cup coleslaw veggie mix (or shredded red or green cabbage)

1/2 red bell pepper, thinly sliced

1 cup cucumber strips

1/2 cup shelled edamame, cooked from frozen

1 scallion, thinly sliced

2 Tbsp. chopped cilantro

4 Tbsp. Sesame Ginger Dressing (see right)

DIRECTIONS

Cook the pasta according to package directions. Drain the pasta and rinse well in cold water.

In a large mixing bowl, combine the pasta, tofu, coleslaw mix, bell pepper, cucumber, edamame, scallion, and cilantro.

Drizzle the dressing over the salad and mix well.

Divide the salad evenly between 2 plates.

Sesame Ginger Dressing

INGREDIENTS

1/4 cup rice vinegar

2 Tbsp. canola or grapeseed oil

1 Tbsp. toasted sesame oil

1 Tbsp. tamari or gluten free soy sauce

1 Tbsp. toasted sesame seeds (optional)

1 tsp. grated fresh ginger root

1 tsp. honey

Pinch crushed red pepper (optional)

DIRECTIONS

Combine all of the ingredients in an air-tight container with a secure lid. Shake the dressing before each use, and store leftover dressing in the refrigerator.

TOTAL NUTRITIONAL INFORMATION

Makes 2 servings
Calories 535
Total Fat 20g
Saturated Fat 1.5g
Cholesterol 0mg
Sodium 145mg
Protein 32g
Total Carbohydrate 61g
Dietary Fiber 10g
Sugar 8g

HEART HEALTHY DINNER

Salmon Cakes With Roasted Cauliflower

This meal provides a combination of omega-3 fatty acids from the salmon, fiber and antioxidants from the cauliflower, with some added heart healthy extra virgin olive oil and almonds!

Salmon Cakes

INGREDIENTS

1 recipe Roasted Cauliflower (see right)
8 oz. canned salmon (bones and skin removed)
1/4 cup bread crumbs
2 Tbsp. minced onion (or chopped scallion)
2 egg whites
1 Tbsp. chopped fresh parsley
1 Tbsp. lemon juice
1 tsp. Dijon mustard
Black pepper (to taste)
1 Tbsp. extra virgin olive oil

DIRECTIONS

In a medium bowl, combine the salmon, bread crumbs, onion, egg whites, parsley, lemon juice, mustard, and black pepper. Shape into 2 cakes.

In a medium skillet, heat the oil over medium heat. Cook the salmon cakes 5 minutes per side, or until golden on the outside and heated in the center.

Serve each salmon cake with half the roasted cauliflower.

Roasted Cauliflower

INGREDIENTS

4 cups cauliflower florets (half a medium head)
1 Tbsp. extra virgin olive oil
1/4 tsp. black pepper
1/8 tsp. salt
1/4 cup sliced almonds, toasted
1 Tbsp. lemon juice (and pinch of lemon zest, if desired)
1 Tbsp. chopped fresh parsley

DIRECTIONS

Preheat oven to 425°F. Line a baking sheet with parchment paper or foil. Toss the cauliflower, oil, pepper, and salt on the baking sheet until well mixed. Bake until golden and tender, stirring once halfway through, about 20 to 25 minutes. Sprinkle the warm cauliflower with the almonds, lemon juice (and zest, if using), and parsley.

TOTAL NUTRITIONAL INFORMATION

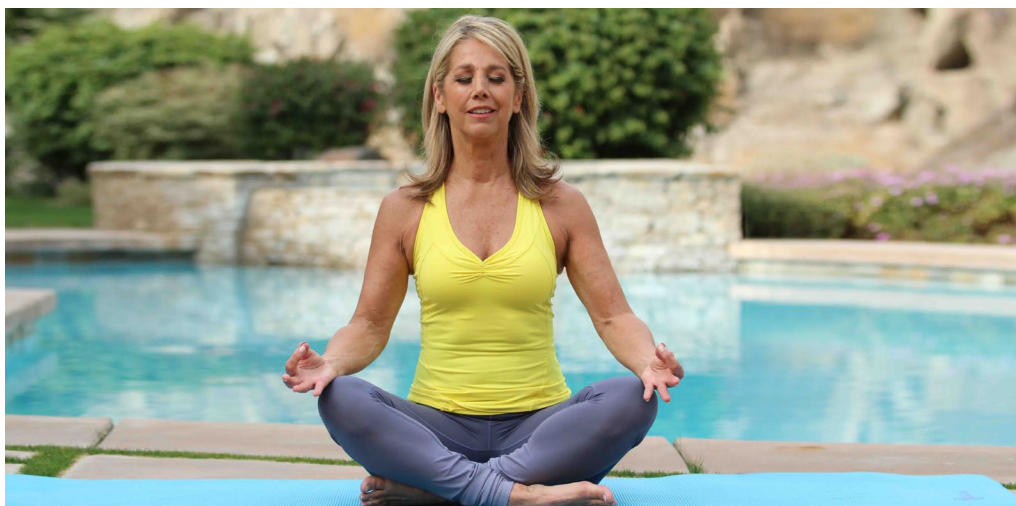
Makes 2 servings
Calories 415
Total Fat 25g
Saturated Fat 3g
Cholesterol 70mg
Sodium 685mg
Protein 30g
Total Carbohydrate 21g
Dietary Fiber 7g
Sugar 6g

HEART HEALTHY LIFESTYLE

Breathing

Blood Pressure Reducer

Any relaxing type of breath can help control and reduce high blood pressure, and this one is particularly useful for promoting heart health.



1. Sitting comfortably in a quiet place, relax with a few Abdominal Breaths: Inhale slowly and deeply, breathing air all the way down into the lower lobes of your lungs. As they fill with air, your lower belly should expand like a balloon. Exhale slowly, allowing your abdomen to deflate as your body releases stale air. Inhale easily. Feel your belly expand again. Do 4 counts in, 8 counts out.
2. Next, inhale to about two-thirds lung capacity for about 4 counts. (Inhaling to only two-thirds of your maximum will help prevent an unintentional rise in blood pressure.)
3. Hold for 8 counts, then exhale for 8 counts.
4. Continue the two-thirds breaths for 3 to 8 minutes.

Guide To A Heart Healthy Life



WORKOUTS - CARDIO KICKBOXING

Want more heart healthy workouts, recipes and insight? Start your 7-day FREE TRIAL of my 10-Week Whole Body Plan! It combines fitness, nutrition and lifestyle suggestions to help you promote a healthy cardiovascular system! As a member, you have access to:



NUTRITION - GARDEN VEGGIE LASAGNA

- Over 100 Cardio Workouts, including my popular TV Workouts, Dance Workouts, and Walking Workouts!
- Low-sodium and easy-to-make heart healthy recipes
- Deep-breathing yoga workouts to help you stay lean and flexible while promoting a calm outlook



LIFESTYLE - SIMPLE STRETCHING YOGA

- Weekly motivations to help you keep your cardiovascular goals on track
- My Denisologies for tips and suggestions on leading a positive, inspiring life!

JOIN ME TODAY & TAKE CONTROL OF YOUR HEART HEALTH



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Disclaimer

As with any new physical or nutritional activity, it is important that before beginning any fitness or nutrition regimen, to consult with your healthcare professional to ensure that you are aware of your current health and any restrictions that are appropriate for you. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time. No information contained in the e-book is intended to be used as medical advice and the e-book is not intended to be used to diagnose, treat, cure or prevent any medical condition (including any mental health conditions) or for any therapeutic purposes. Before relying on the information in this e-book, you should carefully evaluate the accuracy and relevance of the information and obtain appropriate professional medical advice. You must consult a qualified medical professional if you have any questions concerning your medical condition or injury.

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1. pregnant women;
2. women who are breastfeeding;
3. persons with any ongoing physical condition proscribing exercise or physical activity;
4. persons suffering from cancer or other long-term illness;
5. persons with liver disease, kidney disease, or renal failure;

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6. persons with eating disorders;
7. persons with diabetes, blood pressure or cholesterol issues;
8. elderly persons;
9. persons recovering from or recently recovered from illness or injury; and
10. persons with a low body mass index.

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