

Things to do in summer for good heart health

Here are tips from heart health experts that are easy to incorporate into any summer routine.

With longer days and an abundance of fresh produce, summer is the perfect time to make simple changes that will support long-term heart health. Here are **tips from heart health experts that are easy to incorporate into any summer routine**.



Seasonal product consumption

Cardiologists recommend eating plenty of fresh fruits and vegetables combined with lean protein sources. Focusing your meals on seasonal produce helps you eat more delicious and nutritious meals.

For breakfast, overnight oats are a refreshing option to consume antioxidant-rich berries that are in season. For lunch, use summer leafy greens in salads or sandwiches, and for dinner, a loaded wrap or vegetable chicken salad is a great option.

Walk when possible

Walking is not only one of the simplest forms of exercise; it can benefit your overall health, as it aids in blood sugar control, improves cognitive function, promotes digestive health, and is good for the heart.

You might think that walking 10,000 steps a day is ideal, but consistency is more important than the number of steps. In fact, a 2024 study found that walking just 3,600 steps a day can reduce the risk of heart failure by 26%. So walk whenever you can!



Maintain your morning routine

A good morning routine can help set a positive mood for the rest of the day and promote healthy habits.

For example, start your day with a nutritious breakfast and a brisk walk to get your blood flowing. Consuming essential nutrients in the morning like good fats and fiber helps set a positive mood for the rest of the day.

Preparing a nutritious breakfast and starting your day with a walk are healthy habits that can help you feel your best.

Go outdoors

Your morning routine and daily walks should include some time outdoors, especially in the summer when the weather permits. Enjoying the warm summer days can have more benefits than you might think.

Getting outside encourages physical activity—whether it's walking, hiking, gardening, or cycling—and all of these activities help boost your heart health. Sunlight also helps your body produce vitamin D, which plays a role in regulating blood pressure.

Getting enough vitamin D has been shown to support bone health, improve mood, and support the immune system. These are just a few reasons why getting some summer sun is important – just remember to wear sunscreen!



Maintain consistency

Ultimately, all of these things can only make a difference if they become a regular part of your daily life. Consistency is key, and cardiologists say maintaining heart-healthy habits should be a top priority.

Consistency is more important than intensity. Whether it's food or exercise, small, sustainable changes add up. Prioritize a balanced diet with plenty of fresh fruits and vegetables, lean proteins, whole grains, and aim for at least 150 minutes of moderate physical activity each week. The best thing you can do for your heart is to care for it every day — not just when problems arise.

Remember that big changes don't have to happen overnight, so consider implementing one or two of these small tips at first, and reward yourself as you work toward adding new healthy habits to your daily routine.

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