

Protect your heart

Wondering about your heart health? Look at your waist. Excess belly fat is linked to higher blood pressure and unhealthy blood lipid levels. For starters, adopt a heart-healthy diet of lean proteins, beans, lentils, veggies, fruits, and whole grains, and exercise regularly to reduce your heart disease risks. In fact, many heart-shaped fruits and vegetables are great sources of antioxidants, which help reduce your risk for heart disease and some cancers. Examples include strawberries, apples, raspberries, and bell peppers.

Be More Earth-Friendly

Reducing red meat in your diet is good for you and the earth. Beef production, far more than chicken or pork, has had a significant impact on the environment. A good first step is to adopt "Meatless Mondays."

