



1 RISE AND DINE

Breakfast really is the most important meal of the day. Harvard researchers found that for some people skipping A.M. eats can lead to a 27 percent higher risk of heart attack.

2 EAT BERRY HEALTHY

Having three servings of blueberries — **Kristen Bell** grows them! — in your weekly diet can reduce the risk of a heart attack 32 percent, per a study of women published in *Circulation*.



3 GO GREEN

The Journal of the American Heart Association notes that those who sip two cups of green tea daily are nearly 15 percent less likely to suffer a stroke.



Holly Madison (in 2015) stayed calm in Las Vegas.

7 GET YOUR DAILY OM

Experts say meditation can reduce stress and blood pressure. Devotee **Katy Perry** tells *Us* the practice has helped her "with everything!"

7

HEART SMART TIPS

Use this advice to close out American Heart Month with a healthier ticker

6 GET YOUR VITAMINS

Vitamin C—rich foods (oranges, of course, and cauliflower!) can reduce the risk of heart disease, a Danish study shows. Devoted fruit eaters have a 15 percent lower risk!



5 CARB UP

Yes, really! Research in the *Journal of the American College of Cardiology* shows replacing saturated fats with whole grains leads to a 9 percent lower risk of heart disease.



4 SWEAT 5 HOURS A WEEK

A recent University of Texas study found that exercising that much can lower your risk of heart failure by 30 percent.

Karlie Kloss (running in NYC last May) exercises five days a week.