

Heart-Healthy Changes to Make Today



Science has already discovered so many ways we can help protect our bodies and support a healthy cardiovascular system—meaning you can feel empowered to take charge of your own heart health.

Eat to fuel your heart. Eating healthfully is one of the best things you can do for your heart. Foods like fruits and vegetables, whole grains, beans, nuts and seeds, lean proteins (including chicken, fish, and lean cuts of beef), and low-fat dairy foods are all rich in heart-protective vitamins and minerals, including magnesium.

But while magnesium helps maintain a healthy heart, most Americans fall short of the daily recommendations: 320 mg for women and 420 mg for men. Some people find that taking a supplement helps bridge the gap, but the benefits of any supplement are only as good as the product itself. OMG! Nutrition products are formulated with high-absorption, gut-friendly magnesium bisglycinate chelate, available in tasty single-serve packets.

Boost activity levels. You don't have to crush it at the gym or compete in triathlons to support your heart. Find ways of moving that you enjoy, such as walking. Sneak in 30 minutes most days of the week—even breaking it up into two or three sessions during the day counts. Layer in some strength training: yoga, Pilates, and bodyweight moves like planks are all great activities!

Manage stress the right way. Stress can negatively impact your overall well-being—and the way you deal with it may also make things better or worse. Digging into a tray of brownies or popping the cork on a bottle of wine isn't the way to go. Healthier cool-down strategies: meditating, nourishing relationships (cuddling with your pup counts!), and connecting with nature. Supplementing with magnesium may also help with everyday stress: Studies show that magnesium helps regulate a healthy stress response, so a supplement like OMG! may help you cope.

Go to bed. Getting less than the recommended 7 to 9 hours daily may negatively impact how you feel. If you're routinely shortchanging yourself, try making sleep more of a priority. Better-sleep hack: Activity and stress reduction—both heart-health strategies—also support quality sleep. OMG! magnesium may also support good-quality sleep, because magnesium acts on the same pathways as some sleep agents in preparing your body to relax for sleep—without causing residual drowsiness.

[Learn more at omgnutrition.com](https://omgnutrition.com)

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



OMGNUTRITION.COM