

## Senior heart health tips

**Run time - :40**

LEDE: People 65 and up have a higher risk for heart issues. Tim Ditman of OSF HealthCare has tips to stay healthy.

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OSF physician Karen Whitehorn says keep your blood pressure at 130 over 80 and below.

*SOUNDBITE: "If you're on medication, take your medicine every day. Exercise and eat healthy. You want a diet that's low in sodium and processed food. You want fruits, vegetables, fresh whole grains and lean proteins like turkey, chicken and lean pork."*

People with high blood pressure should check it daily.

Exercise for seniors could be simply walking or activities while sitting. But don't work out so much you hurt.

I'm Tim Ditman.

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TAG: If you visit the doctor with heart issues, they may order a stress test. That's on a treadmill or done by medicine. Or they may do a minimally invasive procedure to check for blockages in your arteries.