

You must follow these top three health resolutions for 2021

2020 hasn't been fair to most of us, thanks to COVID-19. Almost every segment of the population has been affected by the pandemic in one way or another. Those who contracted the virus either lost their life or recovered with some serious health complications, some of which can also be seen on a **PC-based Resting ECG**. And those who are safe and stayed at home as a precautionary measure experienced detrimental effects on their physical as well as mental health. The chances are 2021 isn't to be good to us either, not until we have a cure for the virus. But that doesn't mean it should end like 2020. You can always take steps to make your next year better, especially when it comes to your health.



Here are a few health resolutions that you can use as a guide to making your next year healthier and better:

Quit Smoking

This is especially important when you have a virus out there that attacks your cardiovascular and respiratory system before anything else. If you smoke, not only are you getting addicted to it, but you are also putting your respiratory system at risk of developing a range of diseases, including cancer. Besides, smoking has been known to suppress the immune system, which can backfire if you somehow contracted the COVID-19 virus. So, the number one resolution for better health should be to quit smoking.

Meditate and Yoga

The majority of people are still home quarantined — some living with their loved ones while others are living alone. Then comes social distancing, which means no social contact with one another. Under these circumstances, humans are most likely to feel alone and isolated, which is not at all good for mental health. And once your mental health takes a hit, it reflects on your physical health. However, if you take a resolution to meditate and do yoga every day, you can boost your mental health and introduce positivity in your life amidst the pandemic.

Cut back on fast food

Fast food may be a lot tastier than green vegetables, but it is not your friend when it comes to keeping your heart healthy. High cholesterol present in it can lead to obesity, which is linked with hypertension, stroke, and heart disease. If you regularly consume fast food, it may be a little difficult for you to cut back on it immediately. You can try to reduce the daily intake by planning your meals and eating alternative, healthier meals. However, if you get fast food craving once in a blue moon, it doesn't harm to give yourself a little treat, provided you keep your heart health in check using a **PC-based Resting ECG**.

While you wait for the world to get back to normal, take on the challenge of improving your health and achieving your dreams in 2021.

For state-of-the-art and improved accuracy, get real-time patient diagnostic information, enhance your efficiency and send your diagnosis to the proper healthcare provider in a timely way, use **PC-based CardioCard ECG Systems today!** What are you waiting for? [Request a demo today!](#)

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About Nasiff

Founded in 1989, Nasiff Associates is a medical technology company and leader in diagnostic cardiology medical devices including ECG/EKG devices and systems. The first company to produce a clinically useful PC-based CardioResting™ ECG, PC-based CardioStress™ (Stress ECG), CardioHolter™ (Monitor), CardioSuite® ECG System (all-in-one cardiology system consisting of Resting, Stress and Holter) and CardioVitals™. All products are developed and manufactured in the USA to maintain top quality control and unsurpassable customer care. All systems come complete with the Cardio Universal EMR Interface™. More information about Nasiff products can be found at www.nasiff.com.