

Have regular electrocardiograph tests with these heart resolutions this New Year

As we commence towards the end of the year, we get closer to taking some serious steps to make next year better than the last. Promising a better and active lifestyle, better habits, and cleaner food choices are a few of them that makes everyone's new year resolution list. However, all of these admirable goals seem to fade with time as we keep moving through the year.

With an estimated [16.3 million Americans](#) aged twenty and older suffering from coronary

disease, with one person dying of cardiovascular complications every [36 seconds](#), embracing healthy habits should be the one thing your new year to-do list must not miss out. However, this isn't another article that shares weight loss tips or suggests diet choices. This article provides practical tips to keep your heart health first while offering a more innate and in-depth sense to your resolution.



Keep an eye on your electrocardiograph

From blood pressure, cholesterol, BMI to [electrocardiograph](#), MRI, and stress test reports, make it a practice to go for regular blood tests and procedures that assess heart health. This way you will have a more realistic view of the state of things while taking better measures for your health.

Move to feel good

While our first instinct to go for exercise is for its aesthetic benefits, try to do it for the fun part rather than just looking a certain way. Focus on your current physical activity and things you can't do with your body yet. For instance, if you can't do pullups, make it a goal and work towards it. Apart from the feel-good hormones (serotonin and dopamine release), you will also unlock skills that will boost your confidence. Aesthetics follow.

Make "moderation" your friend

Whether it's enjoying pizza, your favorite beer or rum, or indulging in your favorite dessert dish, you don't have to cut off everything all at once. Practice moderation when it comes to enjoying fast food or sugar cravings. Take time to savor the taste and eat mindfully. You will be surprised how easy it gets to control your binge cravings.

Quit smoking once and for all

It might seem difficult at first, but unfortunately, nothing good comes with delaying this process. The severe consequences of smoking go way beyond the heart and damages lungs, eyesight, and more. With [one-quarter of the 800,000 heart diseases](#) linked directly to smoking, there's no good reason to keep on hanging to that habit. The [heart health risk goes down just after one day](#) without cigarettes and continues to drop from there.

Sleep like a baby

Your sleep quality tremendously impacts your heart. If you have insomnia or sleeping troubles, consult a physician immediately. Banish using cell phones, and don't charge your phone near your bed.

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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!](#)

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 a Universal EMR Interface™. More information about Nasiff products can be found at www.nasiff.com.