

Heart Health



February Event

Heart Health Lunch & Learn with Dr. Robert J. Ostfeld

February 24 | 12 – 1 PM

**Topic: Confessions of a Reformed Cardiologist:
How to Eat Your Way to a Healthier Heart**

Location: 399 Park Ave.
Multipurpose Room, Sub Level -2



[Sign up on the Wellness Calendar or MLP portal](#)



What Your Heart Wants You to Know in Your 30s, 40s and 50s

Heart health is not a one-size-fits-all conversation. Cardiovascular needs evolve with age, stress levels, activity patterns and lifestyle demands. Evidence consistently shows that early awareness and preventive care significantly reduce long-term cardiovascular risk.¹

Your 30s: Build the Foundation

In your 30s, heart disease may feel distant, but this is the decade that establishes the baseline for future cardiovascular health.¹

Key priorities include:

- Establishing regular screenings for blood pressure, cholesterol and glucose¹
- Staying physically active to support vascular health and metabolism²
- Managing stress and sleep, which directly influence heart function¹
- Understanding family history and personal cardiovascular risk factors¹



Clinical insight: Prevention in your 30s focuses on forming good habits and identifying risk factors early, not managing symptoms.

Your 40s: Pay Attention to the Trends

In your 40s, subtle changes often begin to emerge in cardiovascular markers and recovery capacity.¹

Focus areas include:

- Monitoring trends in blood pressure and cholesterol over time¹
- Addressing metabolic changes and weight fluctuations¹
- Managing chronic stress, which contributes to hypertension and increased cardiac workload¹
- Maintaining consistent physical activity despite demanding schedules²



Clinical insight: Small, proactive adjustments during midlife can meaningfully reduce future cardiovascular events.

Your 50s: Prevention Becomes Paramount

By your 50s, age itself becomes a significant cardiovascular risk factor, making prevention and early intervention essential.¹

What matters most:

- Scheduling regular cardiovascular screenings and preventive medical visits¹
- Adhering to treatment plans for hypertension, cholesterol or diabetes when indicated¹
- Engaging in safe, sustainable physical activity that supports heart health²
- Developing ongoing stress management and sleep hygiene¹



Clinical insight: Preventive care in your 50s plays a critical role in lowering the risk of heart attack and stroke.

At Every Age

Across all age groups, heart health is supported by consistent principles:

- Knowing your cardiovascular numbers and understanding their significance¹
- Staying active, managing stress and prioritizing sleep¹
- Addressing risk factors early with licensed clinical professionals¹
- Recognizing the warning signs of heart attack and stroke and acting quickly³

National health organizations emphasize that education, prevention and early action save lives.³

References

1. American Heart Association. How to help prevent heart disease at any age. [American Heart Association website.](#)
2. American Heart Association. Why is physical activity so important for health and well-being? [American Heart Association website.](#)
3. American Heart Association. Heart-health screenings. [American Heart Association website.](#)

Did You Know

How Millennium Wellness Center Supports Heart Health

Millennium Wellness Center provides coordinated, on-site cardiovascular support through:

- Preventive medical care and screenings with physicians and nurse practitioners
- Stress and lifestyle guidance through clinical visits
- Musculoskeletal care that supports posture, breathing mechanics and nervous system regulation
- Physical-therapy-guided movement for safe, heart-healthy activity



[Schedule Here](#) >>

A Word from Our Affiliate

Help with a Healthy Heart

Cardiovascular health is essential to keeping your body healthy.

Check out these tips from HSS on how you can improve your heart health through a balanced exercise routine.

Click [here](#) to learn more.



Rehab Corner

New Fitness Classes Designed to Support Heart Health

Support your heart through movement. Join our refreshed fitness classes designed to enhance cardiovascular health, manage stress and promote safe, sustainable performance.

5:30–6:15 PM | Multipurpose Room, Sub Level -2

Click [here](#) to enroll in fitness classes today!

millennium 360 MEDICAL
New for 2026:
Your Redesigned Fitness Program

5:30 to 6:15 PM
399 Park Ave., Sub Level -2, Multipurpose Room
Sub Level -2

New Weekly Schedule
Monday: Vinyasa Yoga & Guided Meditation
Tuesday: Sculpt & Strengthen
Wednesday: Pilates
Thursday: Cardio Strength

What You'll Experience:

- Smarter, clinically aligned movement
- Safe progressions and expert guidance
- Strength and mobility gains
- Better energy, flexibility and resilience
- Stress management
- Improved mental balance and overall well-being

Launching January 2026 for all fitness levels.
Sign up at [mjwfitness.com](#)

Contact Us For More Information:
(202) 813-3800
[www.mjwfitness.com](#)