It's never too late to make a change  The common thought is that aging means slowing down, but a recent study shows that older adults should maintain or increase their frequency of physical activity to prevent and reduce cardiovascular disease.

Here are 7 good habits that improve your heart health:

1. **Good Nutrition** A healthy diet is one of your best weapons. The type and amount of food you eat can affect the controllable risk factors for heart disease. Choose nutrient rich foods such as fruits, vegetables, nuts, fish and whole grains while limiting sugars, salts, and red meat.

2. **Lower Blood Pressure & Cholesterol** Controlling blood pressure reduces cardiovascular strain and the dangers of a stroke. Reducing fat storage in your arteries is the goal with low levels of LDL vs higher levels of HDL being a good rule of thumb.

3. **Aim for a Healthy Weight** Obesity places you at risk for high cholesterol, blood pressure, insulin resistance, and is one of the precursors to type 2 diabetes. Your calorie intake, amount of physical activity and Body Mass Index (BMI) can be key numbers to watch in finding the balance.

4. **Manage Your Diabetes** More than 68% of diabetics over 65 suffer from some form of heart disease. The best part is diabetes is managed through many of the same habits found on this list.

5. **Reduce Stress** Studies have shown links between coronary heart disease and stress levels so practicing breathing techniques, Tai Chi and other stress-reduction tools are great habits to help prevent and reduce stress.

6. **Stop Smoking** Here is another reason to kick the tobacco habit, quitting smoking reduces the risk of heart attacks, strokes, and chronic heart disease.

7. **Limit Alcohol** Too much alcohol raises blood pressure, cardiomyopathy, and stroke risk. If you drink, limit your alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women.