

THE NEW & NOTEWORTHY

VITALS THE RESTING PULSE OF LONGEVITY

Your resting heart rate reveals more than just fitness – it might forecast your lifespan. Each beat tells a story about your overall health, and scientists have uncovered a surprising dietary ally in the quest for optimal heart rhythm.

Behind The Research: Omega-3 fatty acids demonstrate remarkable influence over heart tissue, calming nervous system activity and potentially lowering resting heart rate by up to 3.2 beats per minute. This matters because even slight elevations in resting heart rate significantly increase risks of cardiovascular disease, diabetes, and early mortality.

The Impact: Heart rate serves as a vital sign of not just cardiovascular health, but whole-body wellness. A lower resting heart rate often indicates better physical conditioning and reduced stress levels, while elevated rates can signal underlying health concerns before other symptoms emerge.

Your Action Plan:

- Make fatty fish your weekly staple – aim for five servings of salmon, mackerel, or sardines
- Have trouble eating fish? Quality supplements delivering 1,000mg EPA/DHA daily offer similar benefits
- Track your morning heart rate trends using your phone or fitness device
- Schedule regular check-ups to discuss your numbers with healthcare providers

For an in-depth look at how omega-3s influence heart health and longevity, explore the connection [here](#).