Tips for Managing Irregular Heartbeat (Arrhythmia)



Follow a heart-healthy diet.
Try to eat more leafy green vegetables, whole grains, berries, and fatty fish.



Avoid smoking.
Tobacco use can increase your heart rate or lead to arrhythmia.



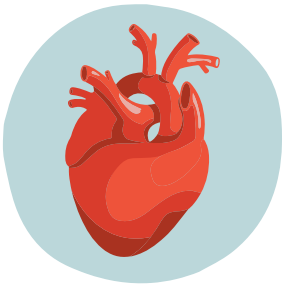
Exercise regularly.
Talk with your doctor to see which type of workouts are right for you depending on the severity of your arrhythmia.



Reduce stress.
Stress can speed up your heart rate and increase your risk of a heart attack or stroke.



Limit alcohol.
Even just one small drink per day can affect your heart's rhythm and bring on an episode of arrhythmia.



Maintain healthy blood pressure and cholesterol.
Aside from taking medication, you can eat less processed foods or try supplements and herbal remedies.