

You're Built for Good Health

# You're built for friendship

Having friends starts with being a friend. Pick up the phone and call someone you haven't talked to in a while. Take someone to lunch. Ask a stranger how their day is going.

A good friend can add spice to life and know just how to put a smile on your face. More than that, friends can act as buffers in your life by minimizing stress and protecting your heart health.

- A healthy social life may help to stabilize blood pressure and boost your immune system.
- Strong social relationships may help you reduce inflammation in your body – a risk factor for heart disease.
- People may be more likely to adopt healthy habits, such as starting a heart-healthy diet, when they're doing it with friends.

