6 Tips to Keep Your Heart Healthy
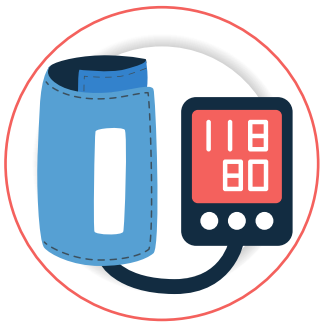
No Matter Your Age

Heart disease is the #1 CAUSE OF DEATH in the United States, and you could be at risk.

The 3 major risk factors for heart disease are:

HIGH BLOOD PRESSURE

HIGH CHOLESTEROL

SMOKING

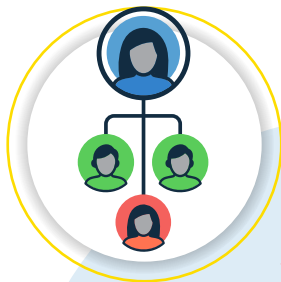## Take control of your heart health!

When you choose healthy behaviors, you lower your heart disease risk while also preventing other serious chronic conditions like diabetes and some kinds of cancer.

6 Strategies to Live a Heart Healthy Lifestyle

1

Know your risks and talk to your doctor about family health history.

2

Eat a healthy diet with more fruits and veggies and less salt, saturated fat, and added sugar.

3

Get at least 150 minutes of physical activity every week.

4

Quit smoking. You can quit today! Call 1-800-QUIT-NOW for free support.

5

If you drink alcohol, do so in moderation.

6

Take medicines as directed.

Learn more about keeping your heart healthy by visiting www.cdc.gov/heartdisease/healthy_living.htm.