

Heart Disease Prevention

Tips for Getting Heart Healthy

Did You Know

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year. This total includes the cost of health care services, medications and lost productivity.

SMALL CHANGES. BIG REWARDS.

Get Heart Healthy Today!

The leading cause of death for both men and women in the United States, heart disease, is the culprit behind 600,000 deaths a year. Certain conditions and lifestyle factors may put people at higher risk for developing heart disease.

Help prevent heart disease by making healthy choices and better managing medical conditions.

- **Eat Healthy** - Increase consumption of fruits and vegetables to at least 5 servings a day.
- **Exercise Regularly** - Regular physical activity leads to a healthy heart. Schedule your workout on your calendar and treat them like an important appointment you can't miss.
- **Monitor Blood Pressure** - As the single most significant factor for heart disease, it is important to continually monitor your blood pressure.
- **Don't Smoke** - Smokers are two to three times more likely to die from coronary heart disease than nonsmokers. Make a change, alter your routine and go to places where smoking isn't allowed. Don't let past failed attempts sabotage you now.
- **Limit Alcohol Use** - In addition to raising blood pressure, too much alcohol can add unneeded calories to your diet. If you drink alcoholic beverages, have only a moderate amount - one drink a day for women, two drinks a day for men.

Small changes lead to big rewards, get heart healthy today!

Reference

<http://www.cdc.gov/features/heartmonth/>

http://www.cdc.gov/salt/healthy_heart_tips.htm