

Do Your Part to Help your heart

Make healthy living a priority. Nearly **80%** of cardiac events can be prevented through modest lifestyle changes, such as moving more, eating healthy and managing blood pressure. Consider taking advantage of wellness tools and resources offered through your health plan.

Make television watching more active by doing jumping jacks or push-ups during the commercials, or just standing up and stretching.

Schedule heart screenings often such as those for blood pressure, blood sugar, cholesterol, and body mass index (BMI).

Understand your family's health history. Family medical history is a key risk factor for heart disease and associated symptoms like high blood pressure and cholesterol. Make sure you know about your family's health history and talk with your doctor about it during your annual physical.

Commit to a walking schedule with a friend or family member, even if you can't walk together.

Survive don't Drive. Call 911

Calling 911 is almost always the fastest way to get lifesaving treatment

**** An emergency medical service (EMS) team can begin treatment when they arrive-**

Up to an hour sooner than if someone get to the hospital by car.

Show your heart



Some LOVE



Your HEART Matters



It's time to listen to your heart

Eat Smart

- Balanced meals
- Making small, simple changes to your overall eating pattern can help you
- Read nutritional facts and ingredients
- Less processed foods
- Avoid sugars and salt
- Limit or preferably no alcohol
- Whole grains
- Black beans, legumes, nuts
- Water
- Unsweetened tea

Healthy Snacks: Add more fruits and vegetables

- Fruit and Yogurt (such as apples, bananas, oranges, pears, grapes, and prunes)
- Vegetables (leafy greens, spinach, collard greens, kale, cabbage), broccoli, and carrots and made from scratch dips

Staying Active

Eating healthy and staying active are some of the most important things you can do to prevent heart disease and improve your personal well-being. Start by going out for a walk, 3 times a week can make a difference. Being more active can help you think, feel and sleep better and perform daily tasks more easily.

Any amount of movement will definitely help make a habit of staying active and having a healthy heart. Note; If you haven't been active for a while, you may need to slowly work your way up to these goals and in some cases with doctor permission.

Smoking

What does smoking actually do to your body that puts you at risk for heart disease?

It may surprise you to learn that smoking increases the risk of heart disease and stroke by **2 to 4 times**. Also, **women** who smoke have a 25 percent higher risk of developing heart disease as compared to men who smoke. Smoking lowers your tolerance for physical activity and decreases HDL (good) cholesterol. It damages your blood vessels and makes your blood sticky know as **Blood Clots**. Nicotine makes your **heart rate and blood pressure** increase or spike.

