

# Do Your Part to Help your heart

Preventing heart disease (and all cardiovascular diseases) means making smart choices now that will pay off the rest of your life.

## In your 20s, 30s, 40s and 50s+

- Find a healthcare professional and have regular wellness exams.
- Be physically active.
- Eat a healthy diet.
- Don't smoke. Avoid secondhand smoke.
- Make heart healthy living a family affair.
- Know your family history.
- Tame your stress.
- Watch your weight.
- Have a blood sugar level checked.
- Don't brush off snoring.
- Learn the warning signs of a heart attack.

## Risk Factors include:

- **Cholesterol:** The higher the blood cholesterol level, the higher the risk of coronary heart disease, particularly if it is combined with any of the other risk factors.
- **Stress:** depression, and negative emotions have also been linked to an increased risk of heart disease.
- **Diabetes:** Even if glucose levels are under control. More than 80% of diabetes sufferers die of some form of heart or blood vessel disease.
- **Drugs:** The use of certain drugs, particularly cocaine and amphetamines, has been linked to heart disease and stroke.
- **Obesity:** Excess weight causes extra strain on the heart; influences blood pressure, cholesterol and levels of other blood fats – including triglycerides; and increases the risk of developing diabetes.

## Show your heart



## Some LOVE



## Your HEART Matters



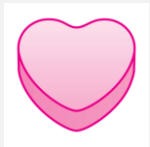
# It's time to listen to your heart

Heart disease can occur at any age. However, **four out of five people** who die from coronary heart disease are aged **65 or older**.



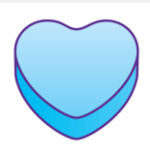
## Choose a Heart Healthy Lifestyle!

- Engage in regular moderate aerobic exercise for at least 30 minutes five days a week or more vigorous workouts at least 20 minutes three times a week.
- Adopt a diet low in salt, sugar, saturated and trans fats and high in unsaturated fats (fish, avocado, etc.) for example, the Mediterranean Diet.
- Maintain a normal body weight with caloric adjustment.
- Avoid smoking and recreational drug use.
- Consume no more than ½ to 1 alcoholic beverage per day. (One drink is either 12 ounces of beer, 5 ounces of wine or 1.5 ounces of 80-proof spirits.)



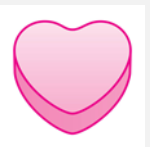
### Physical Activity

Being regularly active at a moderate intensity level can help lower risk for these diseases. Regular physical activity can also lower your blood pressure and improve your cholesterol levels.



### Managing stress

Try meditation or yoga to relax. Get moving! Taking a walk can help you unwind and keep your heart healthy.



### Healthy habits

For new habits, start small. Small successes make bigger goals easier. "I'm going to walk after dinner on weekdays."

Make good choices easier, such as leaving the dog's leash by the door. Buying healthier snacks, such as finding fun healthy recipes.

