

HEART DISEASE



PREVENTION

WAYS YOU CAN PREVENT HEART DISEASE



Eating a
Healthy Diet



Maintaining a
Healthy Weight



Getting Enough
Physical Activity



No Smoking or
Use of Tobacco



Limiting
Alcohol Use

Physical activity can help you maintain a healthy weight and lower your blood pressure, cholesterol, and sugar levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.

TO REDUCE YOUR CHANCES OF GETTING HEART DISEASE

IT'S IMPORTANT TO:



Know your blood pressure. Having uncontrolled blood pressure can result in heart disease. High blood pressure has no symptoms so it's important to have your blood pressure checked regularly.



Discuss checking your cholesterol and triglycerides with your healthcare provider.



Make healthy food choices. Being overweight and obese raises your risk of heart disease.



Talk to your healthcare provider about whether you should be tested for diabetes. Having uncontrolled diabetes raises your chances of heart disease.



Limit alcohol intake to one drink a day.



QUIT SMOKING.



Lower your stress level and find healthy ways to cope with stress.