

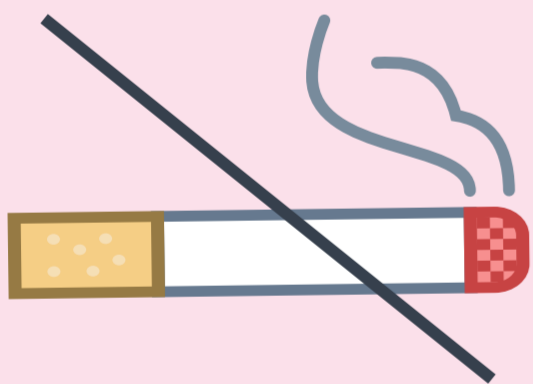
Love Your Heart

Show your heart a little love during American Heart Month by following these tips for a heart-healthy lifestyle.



Healthy Diet

Choose healthy options that can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods.



No Smoking

Cigarette smoking greatly increases your risk for heart disease. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

Exercise



Physical activity can help you maintain a healthy weight and lower your blood pressure, cholesterol, and sugar levels. Adults, should be active 2 hours and 30 minutes of every week.

Healthy Weight



Being overweight or obese increases your risk for heart disease. Talk to your doctor about how to reach or maintain a healthy weight.

Yearly Check Up



You and your health care team can work together to prevent or treat the medical conditions, such as high cholesterol and high blood pressure, that lead to heart disease.