**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.