

REDUCING YOUR RISK OF HEART DISEASE

Here are some ways you can reduce your risk of heart disease:

Quit smoking

Smokers have more risk for heart attack as nonsmokers.



Know your cholesterol levels

Talk with your health care provider about what your goals should be.

Control high blood pressure

Take your blood pressure medicines as directed. Keep your blood pressure less than 140 / 90.



Get active

Be physically active every or most days of the week. Try activities such as gardening or walking.

Eat right and lower your cholesterol

Eat a heart-healthy diet low in fat and cholesterol. Eat 5 or more servings of fruits and vegetables a day.

Achieve and maintain a healthy weight

Eat right and be active.

Manage stress

Use stress and anger management techniques to lower your risk.

Control diabetes

Take your diabetes medicines as directed. Monitor your blood sugars. Follow your diabetes eating plan.

