



## It's Easy to Be Active

Adults need a minimum of 30 minutes of moderate physical activity on most, preferably all, days of the week. Exercise activities can be broken up into smaller chunks of time during the week. As long as the activity is moderate or vigorous effort for at least 10 minutes at a time. Children should get 60 minutes or more each day. Regular physical activity substantially reduces the risk of dying of coronary heart disease; decreases the risk for stroke, colon cancer, diabetes, and high blood pressure; and more.

## Know and Act Immediately

It is important to recognize the signs and symptoms of a heart attack and to act immediately by calling 911. Some symptoms to recognize are unusually heavy pressure on the chest, sharp upper body pain in the neck, back, and jaw, severe shortness of breath, cold sweats, unexplained fatigue, or nausea, unfamiliar dizziness or light headedness. A person's chances of surviving a heart attack are increased if emergency treatment is given to the victim as soon as possible.

## Questions to Ask Your Health Provider

Getting answers to these questions will give you vital information about your heart health and what you can do to improve it. Take this list to your next appointment, and write in the answers.

1. What is my risk for heart disease?
2. What is my blood pressure? What does it mean for me, and what do I need to do about it?
3. What are my cholesterol numbers (including total cholesterol, LDL or "bad" cholesterol, HDL or "good" cholesterol, and triglycerides)? What do they mean for me, and what do I need to do about them?
4. What are my "body mass index" and waist measurement? Do I need to lose weight for my health?
5. What is my blood sugar level? Am I at risk for diabetes?
6. What other screening tests for heart disease do I need? How often should I return for checkups for my heart health?
7. What can you do to help me quit smoking?
8. How much physical activity do I need to help protect my heart?
9. What is a heart-healthy eating plan for me? Should I see a registered dietitian or qualified nutritionist to learn more about healthy eating?
10. How can I tell if I'm having a heart attack?

## Learn More

Wear It Well: Women and Heart Disease Prevention: [www.cdc.gov/women/heart](http://www.cdc.gov/women/heart)

Heart Disease: Frequently Asked Questions: [www.cdc.gov/heartdisease/faqs.htm](http://www.cdc.gov/heartdisease/faqs.htm)

The Heart Truth Campaign: [www.nhlbi.nih.gov/health/hearttruth](http://www.nhlbi.nih.gov/health/hearttruth)

Make the Call. Don't Miss A Beat: <http://www.womenshealth.gov/heartattack/>