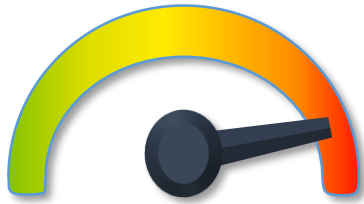


Healthy Heart Living

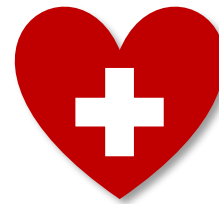
Did you know that heart disease is a leading cause of death in the United States for both men and women? However, you can do a lot to protect your heart's health and feel your best!



Understand Your Risks

Your risk of heart disease is higher if you:

- Have high blood pressure
- Have high blood cholesterol
- Are overweight or obese
- Have prediabetes or diabetes
- Smoke
- Do not get regular physical activity
- Have a family history of early heart disease
- Have a history of preeclampsia
- Have unhealthy eating behaviors
- Are a woman age 55 or older or a man age 45 or older



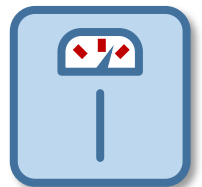
Heart Healthy Habits

Get Your Blood Pressure and Cholesterol Checked



Choose Heart-Healthy Foods

Maintain a Healthy Weight



Get Regular Physical Activity

Quit Smoking



7 HOURS OR MORE

Hours of Sleep

Manage Stress

