



## HEALTHY HABITS ARE YOUR HEARTS DESIRE



*Heart disease is the leading cause of death for both men and women in the United States. When you choose healthy behaviors, you can lower your heart disease risk while also preventing other serious chronic conditions like type 2 diabetes and some kinds of cancer.*

✓ Here are some helpful tips to lower your risk of heart disease:

- ✓ Eat Healthy
- ✓ Get Active
- ✓ Stay at a Healthy Weight
- ✓ Control Cholesterol and Blood Pressure
- ✓ Manage Stress

✓ Key Factors in Heart Health:

- ✓ Exercise (30 minutes a day, 5 days a week)
  - Aerobic Exercise
  - Resistance Training
  - Stretching
- ✓ Hydrate, Hydrate, Hydrate!
- ✓ Take Time to Relax
  - Get Adequate Sleep
- ✓ Monitor Your Heart Health
  - Regular Doctor Visits



**Exercise Should Be Regarded As A Tribute To The Heart!**