

KEEP YOUR HEART HEALTHY!

Centra Health Stroobants / February 2019 / Emily Wallace

FEBRUARY IS AMERICAN HEART MONTH!

ARE YOU AT RISK OF HEART DISEASE?

Everyone can be at risk for heart disease. You are at higher risk for heart disease if you have:

- High cholesterol or high blood pressure
- Smoke
- Overweight
- Don't get enough physical activity or eat a healthy diet
- Women over the age of 55, men over the age of 45

EAT A HEALTHY DIET. Choose healthy meal and snack options. Strive to have at least five servings of fruits and vegetables per day.

MONITOR YOUR BLOOD PRESSURE. High blood pressure often has no symptoms, be sure to have it checked on a regular basis. It is also important to monitor the sodium in processed foods.

GET YOUR CHOLESTEROL CHECKED. Reducing saturated fats in your diet will help to keep cholesterol levels within limits.

MAINTAIN A HEALTHY WEIGHT. Being overweight or obese can increase your risk for Cardio Vascular Disease (CVD). Calculating your Body Mass Index will help give a better idea on what your weight should be.

EXERCISE REGULARLY. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. Aim for 30 minutes of exercise a day, 3-5 days a week!

“Heart disease is the leading cause of death for both men and women in the United States. Take steps today to lower your risk of heart disease!”

HEART DISEASE CAN OFTEN BE PREVENTED WHEN PEOPLE MAKE HEALTHY CHOICES AND MANAGE THEIR HEALTH CONDITIONS. COMMUNITIES, HEALTH PROFESSIONALS, AND FAMILIES CAN WORK TOGETHER TO CREATE OPPORTUNITIES TO MAKE HEALTHIER CHOICES.

Make a difference in your community: spread the word about strategies for preventing heart disease and encourage people to live healthy lives!

www.healthfinder.gov & www.cvd.gov

