

# HEART HEALTH

Healthy behaviors can lower your heart disease risk and prevent other serious chronic conditions like type 2 diabetes and some kinds of cancer. Here are some tips!



**Learn Your Health History:** Know your risks and talk to your family and doctor about your health history.

**Eat a Healthy Diet:** Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar.



**Move More, Sit Less:** Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

**Quit Smoking:** Call 1-800-QUIT-NOW for free help and take the first step on your journey to quit.



**Take Medicines as Directed:** If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

**Choose Your Drinks Wisely:** Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation.



**Monitor Your Blood Pressure at Home:** Self-measured blood pressure monitors are easy and safe to use, and your doctor can show you how to use one if you need help.

## RESOURCES

CDC



Mayo Clinic



US DHHS



American Heart Assoc.

