



Help your heart



Is heart health in your blood?

Heart health is in your blood. It's all about the numbers. Your doctor will check your cholesterol, blood pressure, and blood sugar levels. These numbers can tell you if you're at risk for heart disease. If you're at risk, you can take steps to lower your risk. This includes eating a healthy diet, getting regular exercise, and not smoking. Your doctor can help you understand your numbers and what they mean for your heart health.

Show your heart some love with these 5 healthy habits

1. **Get moving.** Aim for 30 minutes of blood-pumping exercise each day. Whether you go for a long run or take a few short walks, any activity that gets your heart beating faster is good.

2. **Guard your heart from tobacco.** If you smoke, stop. Quitting smoking might be one of the toughest things you'll ever do, but you're worth the effort. A year after your last cigarette, you'll have cut your risk of heart disease in half.

3. **Check your numbers.** Having high blood pressure, cholesterol or glucose levels raises your risk for heart problems. See your doctor for regular checkups, so you can keep track of your levels and keep them where they need to be.

4. **Eat a healthy diet.** Eating a diet rich in fruits, vegetables, whole grains, and lean proteins can help lower your risk for heart disease, stroke, high blood pressure and other problems.

5. **Don't drink too much alcohol.** Drinking too much alcohol can raise your blood pressure and increase your risk for heart disease. If you do drink, do so in moderation. For men, that's up to two drinks a day. For women, it's up to one drink a day.

To learn more about keeping your heart healthy, scheduleers2 454.072o5



The 1-2-3s of heart disease

1. Manage your blood pressure

Manage your blood pressure

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Watch your cholesterol

