

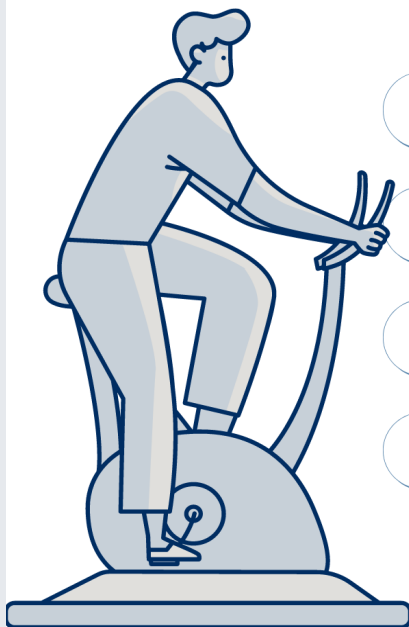
## The “Essentials” for Better Heart Health

### Straight (Talk) from the Heart

Cardiovascular disease is the **leading cause of death** in the United States for both men and women. One American dies every **34 seconds** from heart disease. However, **90% of heart disease is preventable**. Knowing the key measures for improving and maintaining cardiovascular health can help you **lower the risk** for heart disease. The American Heart Association has updated their guidelines and added in **new recommendations** that you will want to note in order to keep your heart healthy.

### LIFE'S ESSENTIAL 8

IMPROVING AND MAINTAINING CARDIOVASCULAR HEALTH CAN HELP YOU ENJOY A LONGER, HEALTHIER LIFE. IMPLEMENT THESE EASY STEPS TO LIVE A HEALTHIER LIFESTYLE:



1

**EAT  
BETTER**

2

**BE MORE  
ACTIVE**

3

**QUIT  
TOBACCO\***

4

**GET HEALTHY  
SLEEP\***

5

**MANAGE  
WEIGHT**

6

**CONTROL  
CHOLESTEROL**

7

**MANAGE BLOOD  
SUGAR**

8

**MANAGE BLOOD  
PRESSURE**

*\*New Updates to Guidelines: Secondhand smoke and vaping are now official risk factors (though they were already well-known risks). Sleep has been added as a component of heart health.*

SOURCES: American Heart Association, Centers for Disease Control and Prevention, Cleveland Clinic