

## Lower Your Risk for Heart Disease

### Heart Health Stats & Facts

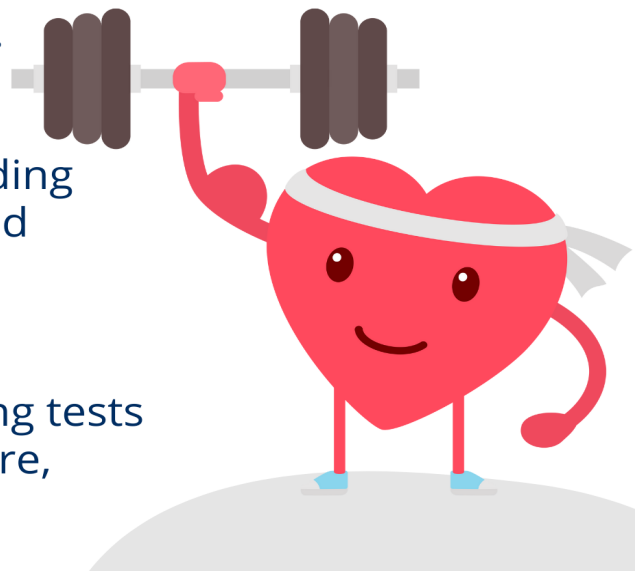
Cardiovascular disease is the **leading cause of death** in the United States for both men and women. High blood pressure, high blood cholesterol, and smoking are key **risk factors** for heart disease. About **half** of people in the United States (47%) have at least one of these three risk factors.

However, **eighty percent** of cardiovascular disease is **preventable**. By implementing a few easy steps in your lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar levels normal and **lower your risk** for heart disease and heart attack.

### PROTECT YOUR HEART... AND LOWER YOUR RISK FOR HEART DISEASE.

*Make these simple steps below part of your life for long-term benefits to your health and your heart.*

- Stop all forms of tobacco use.
- Aim to exercise for at least 30 minutes per day.
- Eat a heart-healthy diet including plenty of fruits, vegetables and whole grains.
- Maintain a healthy weight.
- Get quality sleep each night.
- Keep up with regular screening tests to help manage blood pressure, blood sugar and cholesterol.



SOURCES: Center for Disease Control & Prevention, National Heart, Lung & Blood Institute, American Heart Association