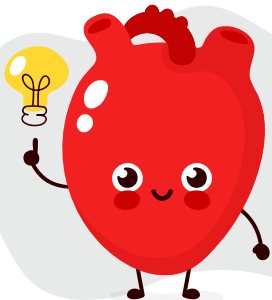


Be Heart Smart: Tips for Preventing Heart Disease

February is American Heart Month, a time dedicated to raising awareness about cardiovascular health and promoting strategies for maintaining a strong, healthy heart.

Heart disease remains the **leading cause** of death for both men and women in the United States, but the good news is that many risk factors are **within our control**. Common risk factors for heart disease include high blood pressure, high cholesterol, smoking, diabetes, obesity, and physical inactivity. Recognizing these risks and taking proactive steps can **help prevent** heart disease and make a significant difference in your overall health.

Simple Steps for a Healthier Heart



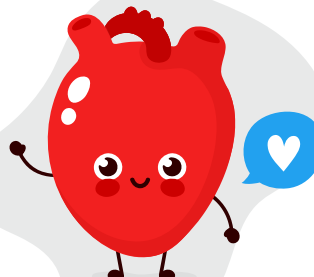
Avoid smoking, vaping or using other tobacco products.



Eat a heart healthy diet rich in fruits, vegetables and less processed foods.



Maintain a healthy weight and aim for at least 30 minutes of exercise each day.



Manage your stress and get quality sleep each night.

SOURCES: AMERICAN HEART ASSOCIATION, MAYO CLINIC, CENTERS FOR DISEASE CONTROL AND PREVENTION