



# How to keep your heart healthy

## Tips for reducing risk



### Start healthy habits early

People who lead a healthy lifestyle before the age of 50 have a better chance of avoiding heart disease.<sup>1</sup>



### Feed your heart

Improve your heart health immediately by eating 4 to 10 servings of nutrient-rich vegetables and fruit every day.<sup>2</sup>



### Skip the pop

People who drink two or more sugar-sweetened beverages per day have a higher risk of heart disease.<sup>2</sup>



### Relax

Prolonged exposure to the stress hormone cortisol can damage your arterial linings, making it harder for your heart to do its job.



### Don't smoke

Cigarette-smoking increases your risk of heart disease two to four times.



### Stay active

As little as 30 minutes of moderate activity a day can reduce your risk for heart disease.<sup>3</sup>



### Get your checkup

Visit your doctor regularly to get your cholesterol and blood pressure checked.



### Enjoy your glass of wine

Drinking alcohol in moderation can reduce your risk of dying from heart disease by 25 percent. Moderation is the key. For women, that means just one drink per day, for men its 2 drinks a day.

<sup>1</sup> Goredforwomen.org <sup>2</sup> Heart & Stroke Foundation, heartandstroke.com <sup>3</sup> The Centers for Disease Control, cdc.gov