

# 1 cleaner teeth

Brush and floss every single day and visit your dentist regularly to avoid coronary artery disease.

# 2 mediterranean diet

eating lean proteins and heart-healthy fats like olive oil, canola oil and nuts decrease the risk of heart attack or stroke.

# 3 exercise, cholesterol

Regular exercise can both lower bad cholesterol and improve good cholesterol.

# 4 help your brain

Stress is a powerful force against a healthy heart, so give time to the things that relax you. Enjoy hobbies.

# 5 quit smoking

smoking is the single most dangerous thing you can do to your heart. Every cigarette you cut back on matters.

heart disease takes the life of  
**1 AMERICAN** every 33 seconds  
-- the heart foundation

