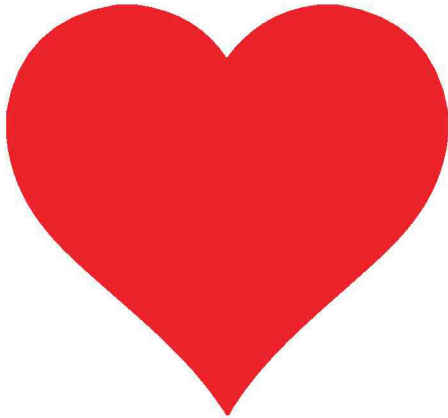


FEBRUARY HEART MONTH



80% of Heart Disease and Stroke Can Be Prevented

7 Steps to Reduce the Risk of Heart Disease



Get Active



Control Cholesterol



Eat Healthy



Don't Smoke



Control Blood Pressure

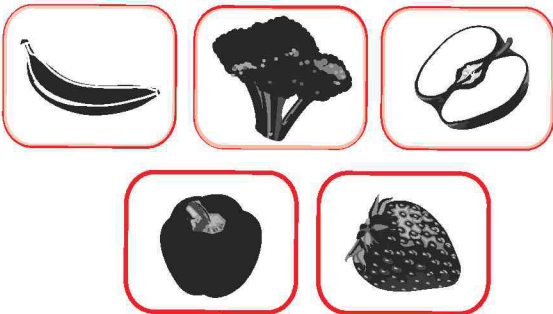


Lose Weight



Reduce Blood Sugar

Heart Healthy Nutrition



Eat at Least 5 Servings of Fruits and Vegetables a Day



Choose Whole Grains Over Processed (Refined) Grains and Sugars



Choose Healthy Fats (Monounsaturated & Polyunsaturated) Over Unhealthy Fats (Saturated & Trans)

Regular Exercise



30 Minutes of Moderate Intensity Exercise a Day

Tobacco Control

Cigarette Smoke Claims 443,000 Lives in the U.S. Every Year



Increases Risk for Heart Disease and Stroke



Increases Risk for Blood Clot



Decreases Ability to Exercise

Decreases Good Cholesterol (HDL)

Sources:

- <http://www.heart.org>
- www.everydaychoices.org
- http://www.startwalkingnow.org/whystart_benefits_walking.jsp
- http://www.heart.org_Why-Quit-Smoking.jsp

MediFit