

**TOO MUCH CHOLESTEROL IN YOUR BLOOD INCREASES YOUR RISK.**



GET TESTED TO LEARN YOUR TOTAL CHOLESTEROL, GOOD (HDL) AND BAD (LDL) CHOLESTEROL, AND TRIGLICERIDES.



PHYSICAL INACTIVITY BOOSTS YOUR RISK EVEN IF YOU HAVE NO OTHER RISK FACTORS.

**AIM FOR 2 1/2 HOURS OF MODERATE-INTENSITY AEROBIC ACTIVITY PER WEEK.**



**SMOKERS ARE UP TO 6 TIMES MORE LIKELY TO SUFFER HEART ATTACKS. DON'T SMOKE AND, IF YOU DO, QUIT.**

HEARTTRUTH.GOV

ARE YOU AT RISK FOR **HEART DISEASE?**



A program of the National Institutes of Health



THE HIGHER YOUR BODY MASS INDEX (BMI), THE HIGHER YOUR RISK FOR HEART DISEASE, ESPECIALLY AT BMI >30.

**MAINTAIN A HEALTHY WEIGHT.**

**HIGH BLOOD PRESSURE GREATLY INCREASES YOUR RISK.**

GET TESTED. REDUCE YOUR SODIUM INTAKE. STAY ACTIVE. MAINTAIN A HEALTHY WEIGHT.



**DIABETES. PUTS YOU AT INCREASED RISK FOR HEART DISEASE.**

YOU CAN LOWER YOUR RISK BY KEEPING YOUR BLOOD GLUCOSE CLOSE TO THE RECOMMENDED TARGET NUMBERS.<sup>2</sup>