



You can lower your risk for heart disease.

Small steps can make a big difference. There are lots of ways to start — like taking a quick walk after dinner or using less salt when you cook. But at the end of the day, the choice is yours. Find a way that works for you!

Visit livetothethebeat.org for heart healthy tips and tricks based on your lifestyle.



Why heart health?

Your heart is at the, well... heart of everything you do. It works hard getting your body all the blood and oxygen it needs. And when your heart is stressed, it affects your whole body.

When we talk about heart health, we're talking about **how healthy your heart muscle is** — and **how well your veins and arteries can carry blood** to and from your heart and other important organs. It's your heart and your circulation.

If you have high blood pressure or high cholesterol, those blood vessels can become stiff or blocked. And that can slow — or even stop — blood flow:

- A heart attack happens when blood flow to the heart is blocked
- A stroke happens when blood flow to the brain is blocked

The blockages that lead to heart attack and stroke can happen suddenly — or over time. The good news? There are things you can do **today** to lower your risk.

How can I start controlling my blood pressure?

There are lots of things you can do to help keep your blood pressure in a healthy range. And the best part is that lots of those things can also improve your health in other ways. Here are just a few things you can do:

- **Get your blood pressure checked**, and do your best to track of your numbers — you can even get your own blood pressure cuff to check it at home
- **Cut back on sodium (salt)** to help control your blood pressure — try cooking more at home and learning what to watch out for when choosing packaged foods
- **Get active** to help keep your blood pressure in a healthy range — even 5 minutes a day can make a real difference to your health!
- If a doctor has prescribed medicine to help control your high blood pressure, **follow all instructions** for taking them



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