

#OurHearts

Be heart smart! Know what your blood pressure and cholesterol numbers are.

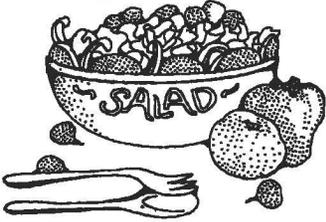




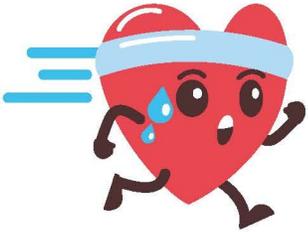
**Get Enough Quality Sleep
(7-9 hours)**



Include More Unprocessed Foods, Vegetables and Water



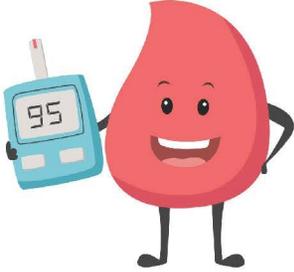
Stop Smoking or Vaping



**Get Moving to Maintain
Healthy Weight Management
(BMI between 18.5 - 24.9)**

Manage Stress

Control cholesterol
HDL below 100 mg/dL
LDL above 40 mg/dL



**Manage Blood Sugar
(80-100 mg/dl Fasting)**

**Control Blood Pressure
(Less Than 120/80)**



**Practice Self-Care and
Find Social Support**

**With Every
Heartbeat Is Life**

