

REDUCING YOUR RISK OF HEART DISEASE

Here are some ways you can reduce your risk of heart disease:

Quit smoking

Smokers have a higher risk of heart disease than non-smokers.



Control your cholesterol levels

Talk with your health care provider about what your cholesterol levels should be.

Control high blood pressure

If you have high blood pressure, take your medicines as directed. Talk with your health care provider about what your blood pressure levels should be.

Control diabetes

If you have diabetes, take your medicines as directed. Follow your diabetes eating plan.



Get active

Be physically active every day or on most days of the week. Try activities like gardening or walking.

Eat a healthy diet

Eat a diet high in whole-grains and low-fat dairy products. Eat more fruits and vegetables every day. Limit foods high in saturated and trans fats.

Achieve and maintain a healthy weight

Limit calories and be more active.

Manage stress

Lower your risk of heart disease by using stress and anger management techniques.

