

# 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

Adults should get at least **2 hours and 30 minutes** each week of aerobic physical activity that requires **moderate** effort. Activity should be done for at least **10 minutes at a time**. Adults should also do **strengthening** activities at least 2 days a week. Strengthening activities include push-ups, sit-ups and lifting weights.

## 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.