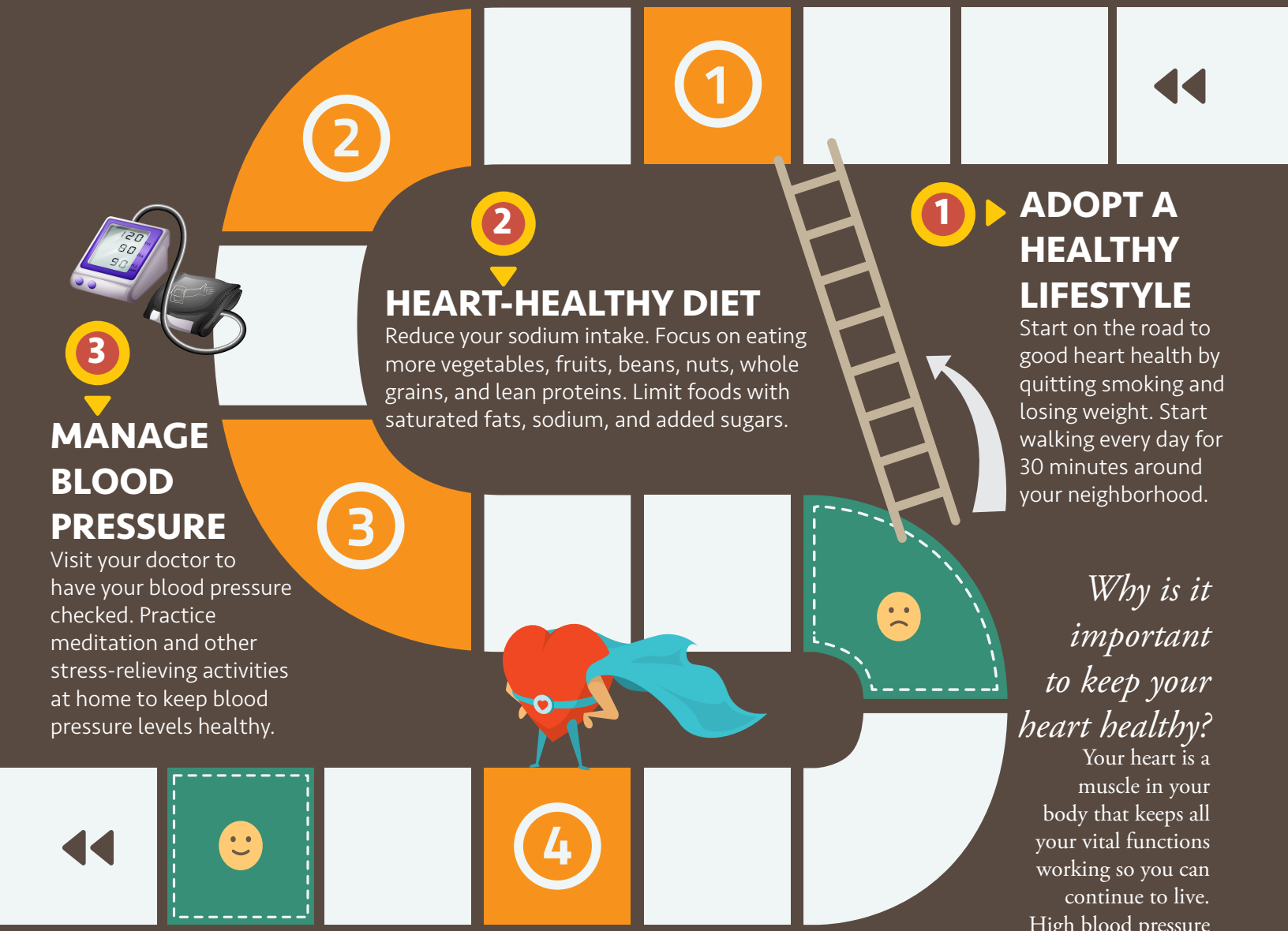
ON THE ROAD TO

Better Heart Health

Take steps to reduce the risk for heart disease.



1 ADOPT A HEALTHY LIFESTYLE

Start on the road to good heart health by quitting smoking and losing weight. Start walking every day for 30 minutes around your neighborhood.

2 HEART-HEALTHY DIET

Reduce your sodium intake. Focus on eating more vegetables, fruits, beans, nuts, whole grains, and lean proteins. Limit foods with saturated fats, sodium, and added sugars.

3 MANAGE BLOOD PRESSURE

Visit your doctor to have your blood pressure checked. Practice meditation and other stress-relieving activities at home to keep blood pressure levels healthy.

4 GET ENOUGH QUALITY SLEEP

Make sleep a priority to help heal and repair your heart and blood vessels.

Why is it important to keep your heart healthy?

Your heart is a muscle in your body that keeps all your vital functions working so you can continue to live. High blood pressure and plaque build-up in your veins and arteries threatens your heart and keeps it from doing its job.

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