

CVD KILLS **20.5M** PEOPLE YEARLY



**80%** of are preventable premature deaths

**DON'T MISS A BEAT**

WORLD  
**HEART**  
**DAY**



**29 SEP**

Take Charge for a Healthy Heart by



**STOP SMOKING**

Quit smoking; encourage others to quit.



**LOWER CHOLESTEROL**

Reduce saturated/trans fats, be active, and take medication if needed



**BE PHYSICALLY ACTIVE**

At least 150 min moderate or 75 min vigorous activity/week



**MAINTAIN HEALTHY WEIGHT**

Balance calories and activity; even 5-10% weight loss helps



**REDUCE STRESS**

Exercise, relax, and spend time with loved ones



**LIMIT ALCOHOL**

Max 1 drink/day for women, 2/day for men; avoid if you don't drink



**EAT HEALTHY**

Choose vegetables, fruits, whole grains, lean proteins; limit saturated/trans fats, processed meats, sugar and sodium



**CONTROL BLOOD PRESSURE**

Aim for <120/80 mm hg; limit salt, stay active, take prescribed meds



**MANAGE DIABETES**

Control blood sugar with diet, exercise, medications if prescribed



**GET ENOUGH SLEEP**

7-9 hrs/night; follow a routine and keep devices out of the bedroom

**Your lifestyle is your best defense against heart disease**

**MEGA** We care