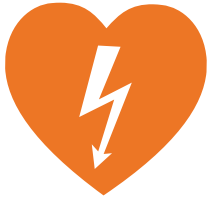


# Are you heart smart?



Heart disease is a leading cause of death worldwide, claiming nearly 18 million lives annually.<sup>1</sup> Heart disease doesn't discriminate, so it's important to be proactive about your heart health.

## Reduce your risk with these lifestyle tips:\*

### FUEL FOR FITNESS

Focus your diet on fresh fruits, veggies, and whole grains. Limit saturated and trans fats, added sugars, sodium, and alcohol.



A recipe for better health: 50% fruits and veggies, 30% whole grains, and 20% lean protein.<sup>2</sup>

### SCHEDULE CHECKUPS

Annual visits to your physician can help prevent more serious health issues down the road.



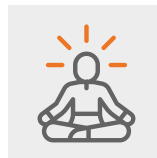
### GET PHYSICAL

Find ways to get your heart pumping regularly, especially if you sit all day. Set reminders to get up every hour or so.



Get at least 2 ½ hours of moderate physical activity every week for a stronger heart and better health.<sup>4</sup>

### RELEASE THE STRESS



Make time for relaxation and activities you enjoy, such as meditation or a hobby.

### CHECK YOUR BMI



Knowing your body mass index can help you set healthy weight and fitness goals.

A healthy BMI for adults age 20 and older ranges between 18.5 and 24.9.<sup>3</sup>

### KICK THE HABIT



Quit using tobacco products. Almost 1/3 of deaths related to coronary heart disease are attributed to smoking and second-hand smoke.<sup>5</sup>

\*Always consult your physician before committing to a diet or fitness routine.

<sup>1</sup>[https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds))  
<sup>2</sup>Federal Occupational Health website, "Make every bit count," <https://bit.ly/2StFojH>.  
<sup>3</sup>Centers for Disease Control and Prevention website, "About adult BMI," <https://bit.ly/29L11WU>.

<sup>4</sup>American Heart Association website, "AHA recommendations for physical activity in adults and kids," <https://bit.ly/2OR0jL>.  
<sup>5</sup>American Heart Association website, "How smoking and nicotine damage your body," <https://bit.ly/2LLs4Vu>

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