

A FEW IMPORTANT FACTS

# AMERICAN HEART MONTH



HEART DISEASE IS THE **#1**  
CAUSE OF DEATH IN THE U.S.

STROKE IS THE **#5**  
CAUSE OF DEATH IN THE U.S.

**80%** OF THESE DEATHS CAN BE PREVENTED  
WITH EDUCATION AND ACTION



In the United States

**2,200**

die from heart disease, stroke,  
and other cardiovascular  
diseases **each day**.



The AHA recommends at least  
150 minutes of moderate  
physical activity each week



Walking is the simplest and most  
effective form of exercise to  
achieve heart health.

## IMPROVE YOUR HEART HEALTH WITH THESE 4 SIMPLE LIFESTYLE CHANGES



Aim to eat 4-5  
servings of fruits and  
vegetables daily.



Avoid foods high  
in sodium and  
saturated fats.



Limit alcoholic  
beverages to  
1 or 2 a day.



Quit smoking as  
soon as possible.



If you have been diagnosed with high blood  
pressure, work with your doctor to control it.  
Take medication as prescribed and monitor  
your blood pressure regularly.