## A FEW IMPORTANT FACTS

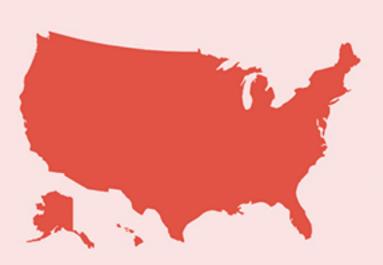
## **AMERICAN HEART MONTH**



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

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

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.

## 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.