Elements of a Healthy Heart

Heart-healthy living includes understanding your risk factors, making healthy choices, and taking steps to reduce your chances of getting heart disease.
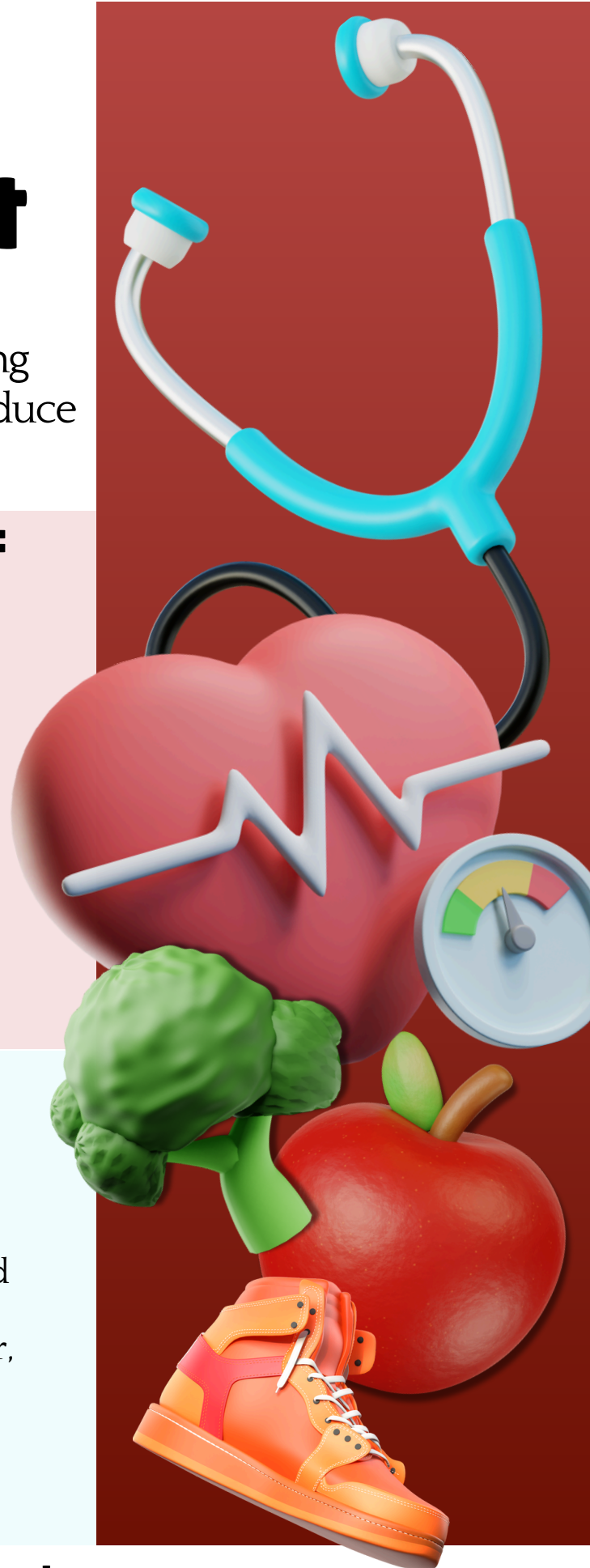
Risk Factors for Heart Disease:

- High blood pressure
- High blood cholesterol
- Being overweight or obese
- Pre-diabetes or diabetes
- Smoking
- Not being physically active
- Family history of heart disease
- Unhealthy eating behaviors
- Age 55+ women; 45+ men

Help Prevent Heart Disease:

- Consume a Heart-healthy diet
- Be active
- Maintain a healthy weight
- Quit tobacco; avoid secondhand smoke
- Control cholesterol, blood sugar, and blood pressure
- Drink alcohol in moderation
- Manage stress
- Get enough sleep

Overall – Making Healthy Choices!

For more information visit hearttruth.gov.

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