

6 Strategies to Live a Heart-Healthy Lifestyle



When you choose healthy behaviors, you can lower your heart disease risk while also preventing other serious chronic conditions like type 2 diabetes and some kinds of cancer.

1

Learn Your Health History

Know your risks and talk to your family and doctor about your health history.

2

Eat a Healthy Diet

Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar.

3

Move More, Sit Less

Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

4

Quit Smoking

Start your quit plan today! Take the first step and call 1-800-QUIT-NOW for FREE support.

5

Take Medicines as Directed

If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medicine without talking to your doctor, nurse, or pharmacist.

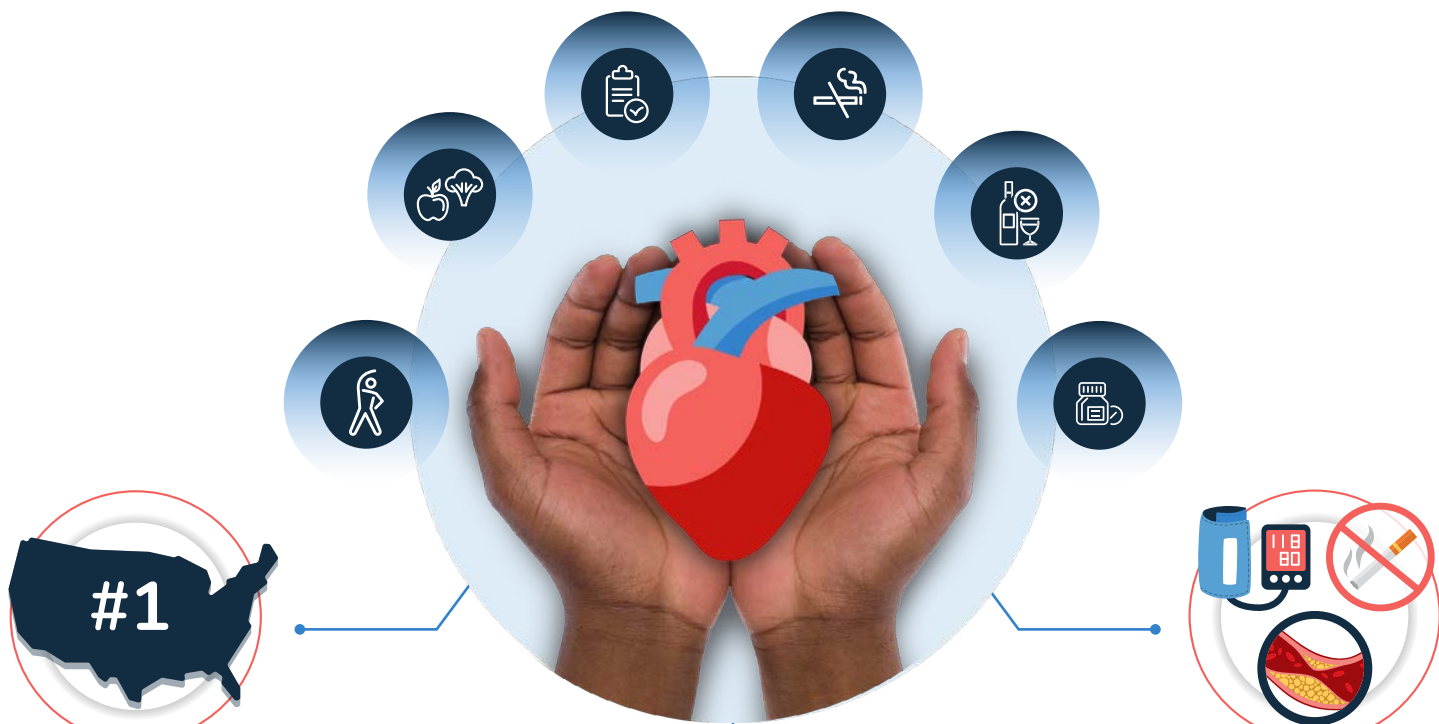
6

Rethink Your Drink

Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation.

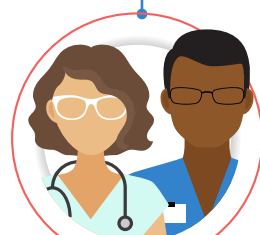
KNOW YOUR LDL CHOLESTEROL LEVELS

High levels of LDL, often called "bad," cholesterol, show no signs or symptoms but cause fatty build up in the arteries which can lead to heart attack and stroke. Know your levels and talk to your doctor about what they mean for you.



Heart disease is the **#1 cause of death** in the United States, and you could be at risk.

The **3 major risk factors** for heart disease are high blood cholesterol, high blood pressure, and smoking.



Talk to your doctor!

Preventing high blood cholesterol begins with understanding your risk. A first step is to get screened and know your family's heart health history.

People who have high blood cholesterol may need to take cholesterol-reducing medicines. Your doctor can answer questions about medicines and other ways to manage high blood cholesterol.

Managing your cholesterol should be an ongoing conversation with your doctor as you work through a management plan together.

Learn more about keeping your heart healthy by visiting www.cdc.gov/heartdisease/prevention.htm.

