

## Tips for Heart Health

Provided by the National Heart, Lung, and Blood Institute

- § *Don't smoke, and if you do, quit.* Women who smoke are two to six times more likely to suffer a heart attack than non-smoking women. Smoking also boosts the risk of stroke and cancer.
- § *Aim for a healthy weight.* It's important for a long, vigorous life. Overweight and obesity cause many preventable deaths.
- § *Get moving.* Make a commitment to be more physically active. Aim for 30 minutes of moderate-intensity activity on most, preferably all, days of the week.
- § *Eat for heart health.* Choose a diet low in saturated fat, *trans* fat, and cholesterol, and moderate in total fat. Eat plenty of fruits, vegetables, whole grains and fat-free or low-fat milk and milk products. Also include lean meats, poultry, fish, beans, and nuts in your diet.
- § *Know your numbers.* Ask your doctor to check your blood pressure, cholesterol (total, HDL, LDL, triglycerides), and blood glucose. Work with your doctor to improve any numbers that are not normal.