

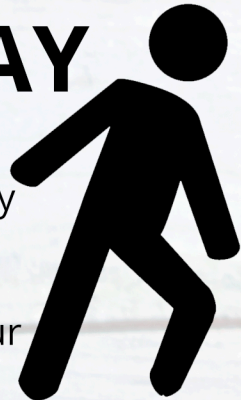
# Heart Health Tips

## JUST THE FACTS



Let the numbers guide you. Know your blood pressure, total cholesterol, triglycerides, and what is optimum for your age. No matter where you measure today, you can take steps to improve your health. Annual Wellness Exams are very important to monitor and stay on top of your health.

## EXERCISE ONCE PER DAY



Exercise is a necessary part of heart health. Just 30 minutes of walking can lower your risk of heart attacks and strokes, by lowering blood pressure and cholesterol.

Did you know increased weight, especially belly fat, is dangerous to your heart health? Healthy waistlines require healthy diets. Rule of thumb: fill your plate with color! Eat lots of fruits and vegetables and avoid foods with high saturated fats, high-sodium and sugar. Avoid highly-processed foods whenever possible.



Tobacco is a danger to heart health. Smoking decreases the strength of your artery walls and is the number one risk factor for heart failure, carotid or peripheral artery disease.



## BE SIGN SAVVY



Heart attack symptoms do not always include the well-known gripping chest pains, radiating pain down one or both arms and cold sweats. Often the signs of a heart attack are much more subtle. Women, especially, can often have signs go undetected, such as: nausea, shortness of breath and pain or discomfort in the stomach, jaw, neck or back. Recognizing the signs means seeking help in time!