



Reduce stress.

Eat less sodium.

Lower your cholesterol.

Stay on a heart healthy diet.

Don't use tobacco products.

Regular check-ups with the doctor.

Stay physically active through exercise.

Eat 5 servings of fruits and vegetables daily.



THE PATHWAY TOWARD A HEALTHIER HEART STARTS WITH YOU!

Track the progress of your daily activities against your own physical activity goals. You can earn rewards such as medallions and certificates by participating in "The Presidential Challenge" from U.S. Health and Human Services.

Visit: www.presidentschallenge.com/activity_log/index.aspx

**This information is not meant as a substitute for personal medical advice. If you have a current medical condition, you should consult your health care professional.*

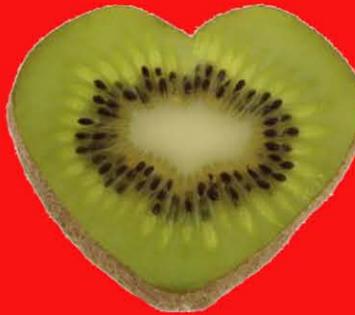
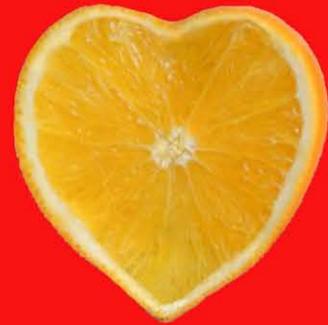
A photograph of a broken cigarette with tobacco spilling out, overlaid with a grey banner containing text.

Break your Cigarette for a Healthier Heart.

Tip: Don't use tobacco products. Smokers tend to have twice the risk of heart attacks than non-smokers. Staying away from second-hand smoke is also a good tip for non-smokers. If you are a smoker, seek additional support from family and friends or develop a healthy coping method to take your first step toward a healthier heart and lifestyle.

For more information on Heart Health, please visit National Heart, Lung, and Blood Institute at www.nhlbi.nih.gov

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A Healthy Heart Can Take Many Different Forms.

Tip: Eat a heart-healthy diet. Managing a healthy weight is essential to developing a strong heart. Give up excessive refined carbs and fats and try eating a proper nutritious diet filled with fruits, vegetables, whole grains, and fish.

Track the progress of your daily nutritional intake against your daily goals from each food group. The food and beverage database allows you to identify exactly what you ate/drank, how much, and then calculates your total calorie intake.

Visit <http://www.mypyramidtracker.gov/planner>

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Heart Disease is the *No.1* Killer of Women in the United States.

Support against heart disease by wearing red on National Wear Red Day on February 5th, 2010!

Tip: Stay physically active. Exercise doesn't have to always involve doing hundreds of tiring sit ups/pushups. A little exercise can go a long way in keeping a healthy heart. Light exercises such as taking a 20 minute walk/jog/swim can help you build a stronger heart.

For more information on Heart Health, please visit www.americanheart.org

Photos: National Wear Red Day® @National Wear Red Day is a registered trademark of HHS and AHA.

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