

Healthy Heart Month



Tips on how to **Control, Manage and Prevent Heart Disease:**

1. **Eat Healthy**
2. **Get Active**
3. **Stay at a healthy weight**
4. **Quit smoking and stay away from second hand smoke**
5. **Control your cholesterol and blood pressure**
6. **If you drink, drink in moderation**
7. **Manage your stress**

Heart disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day.

