

# STOP HEART DISEASE BEFORE IT STARTS

Heart disease will affect **1 IN 2 ADULTS IN THE U.S.** Most of the time, **HEALTHY HABITS CAN PREVENT IT**

## WHAT YOU CAN DO: BUILDING A STRONG FOUNDATION



**EAT HEART-HEALTHY**



**MOVE MORE**



**MAINTAIN A HEALTHY WEIGHT**



**AVOID TOBACCO**



**MANAGE CHOLESTEROL**



**MONITOR BLOOD PRESSURE**



**CONTROL DIABETES**

*Information provided for educational purposes only. Please consult your health care provider about your specific health needs.*

➔ Go to ***CardioSmart.org/Prevention*** to learn more about making healthier choices.

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