



# February is American Heart Awareness Month

## 7 Starts to a Healthier Heart

**1 Eat a healthy diet.**  
Choosing healthful meals and snacks can help you avoid heart disease and its complications.

**2 Maintain a healthy weight.**  
Being overweight or obese can increase your risk for heart disease.

**3 Exercise regularly.**  
Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure.

**4 Don't smoke.**  
Cigarette smoking greatly increases your risk for heart disease.

**5 Monitor your blood pressure.**  
High blood pressure often has no symptoms, so be sure to have it checked on a regular basis.

**6 Limit alcohol use.**  
Avoid drinking too much alcohol, which can increase your blood pressure.

**7 Check your cholesterol.**  
Your health care provider should test your cholesterol levels at least once every 5 years.

*Information courtesy of Centers for Disease Control*

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