

7 STEPS TO A HEALTHIER HEART



Control your cholesterol

Strive for a total cholesterol less than 200 mg/dl



Aim for a healthy weight

Target a body mass index (BMI) of less than 25



Healthy food choices

Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.



Live smoke free.

Quitting smoking will reduce your risk of sudden cardiac death



Control your blood pressure.

Keep your numbers below 120/80 mm Hg



Dental hygiene

Brushing your teeth twice a day for at least two minutes may lower the risk of heart diseases



Move more

Aim for 150 minutes of exercise a week.