STAY UP TO DATE ON ALL OF YOUR VACCINES

EVEN A LITTLE WEIGHT LOSS CAN BE GOOD FOR YOU

IF YOU HAVE HIGH CHOLESTEROL, TALK WITH YOUR DOCTOR ABOUT MEDICINES AND LIFESTYLE CHANGES

LIMIT THE SUGAR, SALT, SATURATED FATS, AND TRANS FATS IN YOUR DIET

STRESS MAY BE LINKED WITH CONDITIONS LIKE ANXIETY AND DEPRESSION, WHICH ARE ALSO TIED TO HEART DISEASE RISK FACTORS

INCLUDE TWO OR MORE STRENGTH TRAINING SESSIONS A WEEK IN YOUR EXERCISE ROUTINE

MOST ADULTS NEED AT LEAST SEVEN HOURS OF SLEEP EACH NIGHT. CHILDREN USUALLY NEED MORE

AFTER A YEAR WITHOUT CIGARETTES, THE RISK OF HEART DISEASE DROPS TO ABOUT HALF THAT OF A SMOKER

PREVIEW ONLY