

TIPS TO KEEP YOUR HEART HEALTHY

High blood pressure is a major risk factor for heart attacks, heart failure, stroke, and premature cardiovascular death.



EVERY 37 SECONDS,
ONE PERSON DIES
IN THE U.S. FROM
HEART DISEASE.

GET YOUR HEART PUMPING

Aim for a least **150 MINUTES** of aerobic exercise per week (that's just 30 minutes, five days a week).

LEARN YOUR FAMILY HISTORY

Find out if your parents, grandparents, siblings or other close relatives have had heart disease. Let your doctor know about your family history.

Fun ways to get your blood pumping:

- Dancing
- Hiking
- Swimming
- Cycling



GET QUALITY SLEEP

Getting enough high-quality sleep can reduce inflammation and improve your heart health.

AIM FOR AT LEAST 7 HOURS PER NIGHT.

805,000 AMERICANS
HAVE A HEART
ATTACK
ANNUALLY.



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**NEARLY
50%
OF ALL U.S.
ADULTS
HAVE SOME
TYPE OF
CARDIO-
VASCULAR
DISEASE.**

QUIT SMOKING



Quit smoking if you currently smoke and avoid secondhand smoke exposure. Secondhand smoke can increase your risk of heart or lung disease by up to **30%**.

KNOW YOUR NUMBERS

Knowing these numbers can determine your risk for heart disease:



BLOOD PRESSURE | **120/80**
or less

BLOOD SUGAR | **<100**
(fasting)

BODY MASS INDEX | **18.5-24.9**
(BMI)

CHOLESTEROL | **<200**
(fasting)

Sources: heart.org, CDC.org and health.harvard.edu

DECREASE STRESS

Chronic stress can damage the walls of your arteries. Unwind with activities like:

- Meditation, deep breathing and mindfulness
- Volunteering
- Journaling
- Fun with family and friends



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**Contact us for more information
Call 954-265-7900**

Visit [MHS.net/heart](https://www.mhs.net/heart)