

7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:



The infographic features a large, faint background image of a heart with an ECG line. The seven steps are presented as ascending steps on the right side of the graphic, each with a white icon on a red background. The steps are:

-  **Live smoke-free.** If you smoke, quit.
-  **Monitor your blood pressure.** Keep your numbers below 120/80 mm Hg.
-  **Maintain a healthy weight.** Target a body mass index (BMI) of less than 25.
-  **Watch your cholesterol.** Strive for a total cholesterol less than 200 mg/dL.
-  **Control your blood sugar.** Aim for a fasting blood glucose less than 100 mg/dL.
-  **Get active.** Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).
-  **Eat a heart-healthy diet.** Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.