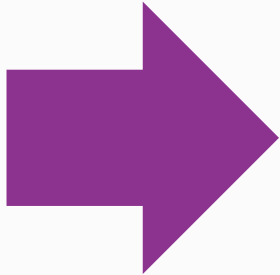


# A Heart Healthy Lifestyle

*Heart disease is a leading cause of death for both men and women.*



## Leading causes:

- ▶ Inactivity
- ▶ Obesity
- ▶ High Blood Pressure
- ▶ Smoking
- ▶ High Cholesterol
- ▶ Diabetes

## What can you do to improve your heart health?



### Eat Healthy!

- ▶ Buy lean, skinless meats and poultry
- ▶ Use fat-free and low-fat dairy products
- ▶ Limit your alcohol intake
- ▶ Prepare foods without added salt
- ▶ Avoid foods high in sugar or dietary cholesterol
- ▶ Eat whole grain breads and pasta



### Get Fit!

- ▶ Find an active way to relax: It's tempting to want to sit and relax. Instead, go for a bike ride or join a recreational sports team.
- ▶ Go for a walk: Find a local area where you can go and walk for a few miles. Spend time outdoors, and enjoy what nature has to offer while you get fit!
- ▶ Make it a family event: Help your children build healthy habits. Take a ball or Frisbee and visit a nearby park. Build memories while improving your heart!



## When you create habits for a Healthy Heart you also help with:

- ▶ Weight loss and preventing weight gain
- ▶ Endurance and vitality
- ▶ Improving blood sugar control in diabetes
- ▶ Relieving anxiety, depression and stress

Go to Church Health Reader for more suggestions on healthy living:  
[www.chreader.org](http://www.chreader.org)

