

TOO MUCH  
CHOLESTEROL  
IN YOUR BLOOD



INCREASES  
YOUR RISK.

GET TESTED TO LEARN YOUR  
TOTAL CHOLESTEROL.



AIM FOR 2 ½ HOURS  
OF MODERATE-INTENSITY

**AEROBIC**

ACTIVITY PER WEEK



**SMOKERS  
ARE UP TO**

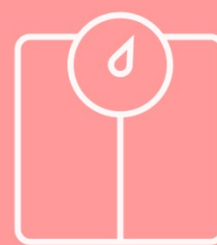
**6 TIMES MORE  
LIKELY TO SUFFER  
HEART ATTACKS**

**DONT SMOKE  
AND, IF YOU DO, QUIT.**

**ARE YOU AT  
RISK FOR  
HEART  
DISEASE?**

**MAINTAIN  
A HEALTHY  
WEIGHT.**

THE HIGHER YOUR BMI,  
THE HIGHER YOUR RISK  
FOR HEART DISEASE.



**HIGH  
BLOOD**

**PRESSURE**

**GREATLY INCREASES  
YOUR RISK**



**DIABETES**

**PUTS YOU AT INCREASED RISK  
FOR HEART DISEASE.**

LOWER YOUR RISK BY KEEPING YOUR BLOOD  
GLUCOSE CLOSE TO THE RECOMMENDED TARGET  
NUMBERS

**LIVE SMART FOR A**

***Healthy Heart!***