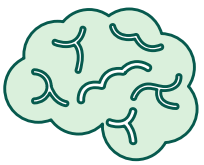


Know the Facts

High blood pressure, high cholesterol, & smoking are the biggest risk factors leading to heart disease and stroke; the #1 and #5 cause of death in the US



A TIA (Transient Ischemic Attack) or "mini-stroke" is a major warning sign that a full stroke is coming



Learn the Signs

If you suspect a stroke, **BE FAST**:



Balance
Does the person have a loss of balance?



Eyes
Has the person lost vision in one or both eyes?



Face
Does the person's face look uneven?



Arms
Can the person raise both arms for 10 seconds?



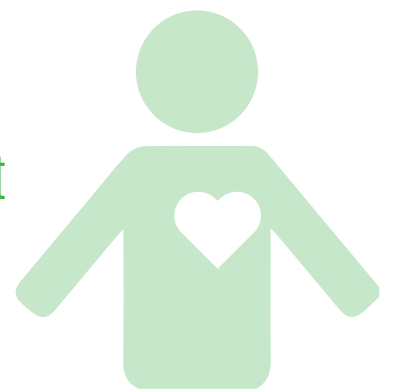
Speech
Is the person's speech slurred?



Time
Time is brain. Call 911 if you suspect a stroke.

Signs of a Heart Attack:

- Chest pain
- Dizzy
- Tired
- Heartburn
- Tight chest
- Nausea



Prevent Heart Disease & Stroke

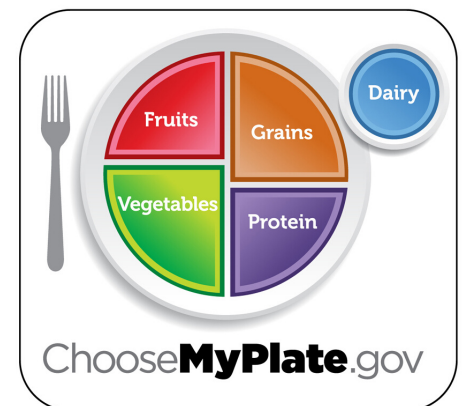
Healthy Eating

Create healthy meals you will love by learning what to look for with these tips.



Check for the heart!
The Heart-Check mark makes it easy to spot heart-healthy foods in the grocery store or when dining out.

Use My Plate to build balanced meals:



- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.

Physical Activity

The American Heart Association suggests 30 minutes of physical activity per day.



Running, walking, or hiking. Try taking a walk through a local park or trail!



Yoga can provide great stress-relief and can increase strength, balance, and flexibility.



Swimming is a low-impact exercise. Town indoor pools often have low-cost daily passes available.



Standing while working is a great way to keep your body active. Try standing for two hours per day.

Healthy Living

This includes getting enough sleep, practicing mindfulness, managing stress, and more.



Smoking puts you at higher risk for heart disease and stroke. Consider quitting or reducing use.



Measure your blood pressure at home each morning and evening. Keep a journal of your results.



Having a wake-up routine for each day can result in better quality of sleep.



Give yourself a break! Too much stress and worry can lead to heart health problems.

