

## Healthy Heart, Healthy You

Your heart is a muscle that has to pump enough blood to deliver a continuous supply of oxygen and other nutrients to your brain and your other vital organs. To do this important job, your heart has to stay healthy.

## Heart Healthy Strategies

1. Do not smoke or use tobacco products
2. Exercise for 30 minutes on most days of the week
3. Eat a heart healthy diet
4. Maintain a healthy weight
5. Get regular health screenings

### Did you know?

Heart disease is the number one cause of death in both men and women in the U.S.

Heart disease costs the U.S. \$316.4 billion annually.

## Blood Pressure

Blood pressure is a measure of the force of blood against the walls of your arteries. High blood pressure increases your risk for heart attacks, stroke and kidney or eye damage.

### Blood Pressure Levels

Low Risk: 119 or less / 79 or less

Moderate Risk: 120-139 / 80-89

High Risk: 140-159 / 90-99

## Cholesterol

Cholesterol is a waxy, fat-like substance which is found in the bloodstream. Too much can cause a build up in your arteries called plaque. Too much build up can cause you to have a heart attack or stroke.

### Cholesterol Levels

Desirable: < 200 mg/dL

Borderline High: 200 -239 mg/dL

High: > 240 mg/dL