



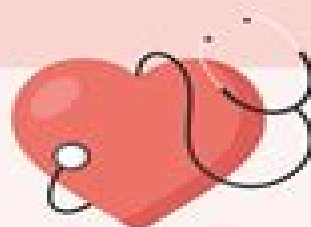
GET MOVING

Getting in 150 mins of moderate or 75 mins of vigorous physical activity each week may reduce heart disease risk by as much as 20%



WATCH YOUR WAISTLINE

Losing as little as 5-10% of their total weight can help reduce heart disease risk



MANAGE HEALTH CONDITIONS

Keep conditions like high blood pressure, high LDL cholesterol, and diabetes in check



CUT THE FAT

A heart healthy diet should limit both saturated and trans fats as well as sodium, red meat and sugar



STOP SMOKING

1 out of every 3 deaths from cardiovascular disease is directly linked to smoking

The Heart Facts What You Can Do To Keep A Healthy Heart

Norman Hollenberg, Ilana Hollenberg



The Heart Facts What You Can Do To Keep A Healthy Heart:

The Heart Facts Norman Hollenberg, Ilana Hollenberg, 1988-10-01 Explains how the circulatory system functions identifies risk factors for heart disease and describes the procedures used to diagnose and correct heart problems **Your Heart, Your Life**, 1999 **Healthy Heart** Paul Chappuis Bragg, Patricia Bragg, 2001 Dr Patricia Bragg examines the most current research into the threats to cardiovascular health and outlines a natural drug free lifestyle proven to improve the cardiovascular health of anyone at any age **You Can Fix the Fat from Childhood & Other Heart Disease Risks, Too** Gerald Berenson, Nancy Kay Wessman, 2012-08-31 You Can Fix The Fat From Childhood promotes family focused comprehensive knowledge and behaviors with an eye toward preventing early disability and death from heart disease Heart disease risk factors show in early childhood Learning to adopt healthy lifestyles that's prevention Health doesn't come in a bottle and you cannot buy it in a drug store or at the supermarket You have to work at it Slim trim toned and fit desired look not easy but achievable Decide to tackle the fat prevent it control it exercise it We can fix the fat Dr Shiriki Kumanyika associate dean at University of Pennsylvania School of Medicine said on the acclaimed HBO special The weight of the nation is out of control but we can fix that **Army Reserve Magazine**, 1984 Subject Guide to Books in Print, 1971 **From Heart to Heart**, 1997 **The Healthy Heart For Dummies** James M. Rippe, 1999-12-15 The Healthy Heart For Dummies explores that most vital organ the heart and explains why you need to care for it This book also helps you design a personal lifestyle based on proper nutrition physical activity weight management and mind body connections to both prevent and control heart disease It includes a section describing the latest tests and procedures used in evaluating heart health and problems which help you make decisions on treatment options As an added bonus the author James M Rippe M D has conferred with the world's top chefs to offer you 35 great tasting and heart healthy recipes Your Guide to a Healthy Heart National Heart, Lung, & Blood Institute, 2005 **NKJV, The Lucado Life Lessons Study Bible** Thomas Nelson, 2010-09-06 Discover the life enriching biblical application you're searching for in The Lucado Life Lessons Study Bible With more than 1 000 Life Lessons offering insights straight from Max the message of God's Word will be more meaningful and impactful than ever This beautifully designed Bible contains practical application drawn from Max Lucado's entire career from his first book to his latest release Outlive Your Life For the first time all the devotional material in this fully revised edition of The Inspirational Study Bible is from Max Lucado and uses the popular and reliable New King James Version NKJV translation Features include Two color design throughout More than 1 000 insightful Life Lessons Christ Through the Bible sidebars Topical Index New King James Version text A perfect companion for Max Lucado's Outlive Your Life DVD Based Study 9781418543945 Part of the Signature Series line of Thomas Nelson Bibles The New King James Version More than 60 million copies sold in 30 years **The Reader's Digest** De Witt Wallace, DeWitt Wallace, Lila Acheson Wallace, 1957 Heart Disease; what You Should Know about it Alton L. Blakeslee, 1957 Forthcoming Books Rose

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