



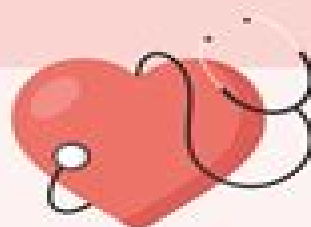
GET MOVING

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

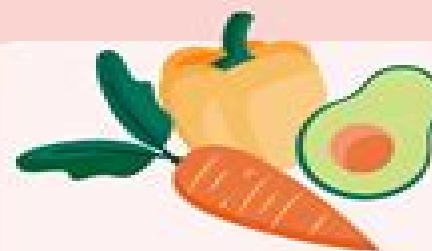
Keep conditions like high blood pressure, high LDL cholesterol, and diabetes in check



STOP SMOKING

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

5 ways to protect your **Heart Health**



CUT THE FAT

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

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

American Heart Association

The logo of the American Heart Association, featuring a red heart with a white caduceus (a staff with two snakes and wings) inside it, positioned to the right of the text.

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 **Heart to Heart (EasyRead Super Large 18pt Edition)** , *Heart to Heart (EasyRead Large Bold Edition)* , **Spiritual Secrets to a Healthy Heart** Kara Davis, 2013-02-05 Keeping Your Heart Healthy Takes More Than Just Diet and Exercise Heart disease is the number one killer in America today and although you can find an abundance of advice on heart health much of it is incomplete The truth is your physical health is inextricably linked with your spiritual mental and emotional health and you can't fully heal one area without addressing the others In *Spiritual Secrets to a Healthy Heart* Kara Davis MD combines the most current medical research with biblical principles and practical health tools to give you everything you need to keep you and your heart healthy [American Heart Association Complete Guide to Women's Heart Health](#) American Heart Association, 2011-12-27 Heart disease poses the greatest health threat that women in the United States face One in every three women will die from it each year But that doesn't have to be the case Heart disease is not an inevitable part of growing older In fact if you reach the age of 50 without developing the major risk factors for heart disease you can live your entire life without it and your chances of dying from it decrease from 50 percent to a strikingly low 8 percent The key to preventing heart disease is embracing a heart healthy lifestyle and the sooner the better In this groundbreaking book the American Heart Association shows you how even the smallest changes can make a big difference over time to protect the health of your heart The *Complete Guide to Women's Heart Health* explains how gradual and sustainable shifts in your routine such as using just a little more than one percent of your time each week to exercise or losing just 10 percent of your body weight can have a far reaching impact on your health With specific pointers on diet exercise and health care this book shows you how to get past the common obstacles as well as how to make taking care of your heart easy and attainable for the busy life you lead at every age In chapters targeted for every decade of a woman's life from her 20s to her 70s and beyond the American Heart Association gives women age appropriate advice on healthy lifestyle choices and heart health care Additional information addressing issues of special interest to women and how those issues affect the heart include Smoking Pregnancy Menopause and hormone therapy Aging Diabetes and other health conditions With the latest guidelines on prevention suggestions on how to work with your healthcare providers to maintain and improve your vitality details on screening technologies and facts about common diagnoses and treatment options this book is the ultimate resource to help you and all the women in your life fight heart disease From the Hardcover edition *HeartMemo* , 1997 **Heart to Heart** , *Keeping Your Heart Healthy* Boon Lim, 2021-09-16 A well written discussion by a world renowned cardiologist on how the heart functions More importantly it is a simple and concise book that charts your course to a healthy heart Dr James R Doty M D Worried about your heart health but unsure where to start One of the world's leading cardiologists Dr Boon Lim

has created the go to guide to keeping your heart in good shape for optimum health This concise accessible book covers everything you need to know about improving and maintaining your heart health From hypertension cholesterol and inherited cardiac conditions to chest pain fainting and stress Dr Lim draws on his years of knowledge and expertise to offer practical easy to follow advice on How your heart works High blood pressure and bad cholesterol Heart attack and chest pain Rhythm disorders Fainting Eating and exercising for a healthy heart Striking the balance between stress and rest Holistic heart health If you re experiencing heart problems have high blood pressure or cholesterol or think you or a loved one might be at increased risk of heart attack or stroke this book will provide step by step tips on how to prevent and reduce heart issues by exercising more being mindful of your nutrition and diet and by making smarter healthier lifestyle choices This is the ultimate guide to your heart how it works when it struggles what it needs to work optimally and how you can shape your lifestyle to keep it ticking for a long time Part of the Penguin Life Experts series **Heart to Heart a Survivor's Guide to Heart Surgery** , *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

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