

## What can you do to lower your risk of Heart Disease and Stroke?

- Be tobacco free
- Eat at least 5 servings of fruits and vegetables each day
- Exercise moderately for 30 minutes each day
- Choose low fat, sodium and cholesterol foods
- Get regular physical exams and talk to your physician about your blood pressure and cholesterol numbers



Resource: <http://www.cdc.gov/heartdisease/>



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