

# ARE YOU HEART SMART?



Heart disease is the leading cause of death in the U.S., claiming more than 600,000 lives annually<sup>1</sup>. Of the lives claimed, sudden cardiac death is responsible for half of all heart disease-related deaths<sup>2</sup>. Heart disease doesn't discriminate, and it's important to be proactive about your heart health.

## Reduce your risk with these lifestyle tips:\*

### FUEL FOR FITNESS

Focus your diet on fresh fruits, veggies, and whole grains. Limit saturated and trans fats, added sugars, sodium, and alcohol.



A recipe for better health: 50% fruits and veggies, 30% whole grains, and 20% lean protein<sup>3</sup>.

### SCHEDULE CHECKUPS

Annual visits to your physician can help prevent more serious health issues down the road.



### GET PHYSICAL

Find ways to get your heart pumping regularly, especially if you sit all day. Set reminders to get up every hour or so.



Get at least 2 1/2 hours of moderate physical activity every week for a stronger heart and better health<sup>5</sup>.

### RELEASE THE STRESS

Make time for relaxation and activities you enjoy, such as meditation or a hobby.



### CHECK YOUR BMI

Knowing your body mass index can help you set a healthy target weight and fitness goals.



A healthy BMI for adults age 20 and older ranges between 18.5 and 24.9<sup>4</sup>.

### KICK THE HABIT

Quit using tobacco products. Almost 1/3 of deaths related to coronary heart disease are attributed to smoking and secondhand smoke<sup>6</sup>.



\*Always consult your physician before committing to a diet or fitness routine.

<sup>1</sup> "Leading Causes of Death". Centers for Disease Control and Prevention. <https://bit.ly/2jp3nzT>

<sup>2</sup> "Heart Disease and Sudden Cardiac Death". WebMD. <https://wb.md/2SzkzPn>

<sup>3</sup> "The Original Renewable Energy Source". Federal Occupational Health. <https://bit.ly/2SifajH>

<sup>4</sup> "About BMI". Centers for Disease Control and Prevention. <https://bit.ly/29L11WU>

<sup>5</sup> "AHA Recommendations for Physical Activity in Adults and Kids". AHA. <https://bit.ly/2OR0JL>

<sup>6</sup> "How Smoking and Nicotine Damage Your Body." American Heart Association. <https://bit.ly/2Ls4VU>

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