

# LOVE YOUR HEART

## LOWER YOUR RISK FOR HEART DISEASE



Heart disease is the leading cause of death in the United States. Adopting a healthy lifestyle today can help lower your risk and help you avoid heart problems tomorrow.

### QUIT TOBACCO

Smoking can damage your heart and blood vessels, raise your blood pressure and increase your heart rate. High cholesterol or obesity further raises your risks from smoking. If you smoke, get help to quit for good.

### BE PHYSICALLY ACTIVE

Regular exercise helps manage your weight, lowers your blood pressure and cholesterol, and reduces stress – and the strain on your heart. Any type of activity is beneficial.\*

### MAINTAIN A HEALTHY WEIGHT

Reducing your weight by just five or 10 pounds will help decrease your blood pressure, lower your cholesterol and reduce your risk for diabetes – conditions that increase your risk for heart disease. If you are overweight, avoid fad diets and focus on variety and portion control instead.\*

\* Talk to your doctor or health care provider before beginning any type of physical activity or weight loss program.

### EAT A HEART-HEALTHY DIET

Try the Dietary Approaches to Stop Hypertension (DASH) eating plan or the Mediterranean diet. Both are rich in fruits, vegetables, fiber and whole grains to help protect your heart. Eat beans and fish, such as salmon and mackerel. Reduce sodium, which can raise your cholesterol and blood pressure. Limit saturated fats and eliminate trans fats, which can raise your cholesterol.

### MANAGE STRESS

Stress has been shown to impact cardiovascular health. Learn relaxation techniques to cope with the stresses in your life.

### GET REGULAR HEALTH SCREENINGS

Have your blood pressure, cholesterol and body mass index checked to see if you need to take action to lower your risk.



Talk to your doctor or call a Blues On Call<sup>SM</sup> health coach at 1-888-BLUE-428 (1-888-258-3428) to learn how to live a heart-healthy lifestyle. Your heart will love you.

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