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Head disease is the nation's number one cause of death for both men and women. What's most astonishing is that almost 80% of heart disease is preventable, and even small lifestyle changes can have a big impact. Making a difference in your heart health is easier and more enjoyable than you may think!

- ✓ Heart disease kills nearly 5 times as many women as does breast cancer
- ✓ Heart disease kills more people every year than all forms of cancer combined
- ✓ Only 3 percent of Americans practice all four primary behaviors recommended for heart health; not smoking, healthy weight, diet rich in fruits and vegetables, and exercising regularly
- ✓ 64% of women who've had a heart attack showed no symptoms of heart disease before the attack
- ✓ More than six hundred thousand Americans die from heart disease each year; and 1.2 million Americans suffer from heart attacks
- ✓ One in three adults is diagnosed with heart disease

<i>Did You Know?</i>	<i>Tips</i>
<p>Just ten minutes of exercise can reduce your risk of heart disease. That's less time than it takes to get a cup of coffee, or check your email, or get dressed. Give your heart ten minutes, too.</p>	<p>5 ways to get moving for 10 minutes:</p> <ol style="list-style-type: none"> 1. Take the stairs. 2. Dance to a favorite song. 3. Jog around the block. 4. Play a game of tag. 5. Weed the garden.

<i>Did You Know?</i>	<i>Tips</i>
<p>Potassium in your diet can actually help reduce your risk of high blood pressure. Getting more potassium in your diet is one simple way to work toward better heart health.</p>	<p>What you eat makes a big difference for your heart. 3 tips for a heart healthy diet</p> <ol style="list-style-type: none"> 1. Add twice the broccoli to casserole recipes 2. Try leafy greens like spinach and chard 3. Have a piece of fruit for a snack



<i>Did You Know?</i>	<i>Tips</i>
<p>Any level of physical activity can help you improve your heart health, but moderate to high intensity exercise helps improve your heart health even more than lower intensity exercise like mopping the floor. A brisk walk, a bike ride, or even some harder outdoor chores provide more intense exercise, and can easily start you on the road to improved heart health.</p>	<p>7 ideas from Mayo Clinic to get exercise that's good for your heart</p> <ol style="list-style-type: none"> 1. Activities: 2. Jumping rope 3. Dancing 4. Swimming 5. Walking 6. Running 7. Biking

<i>Did You Know?</i>	<i>Tips</i>
<p>Research indicates that the chance that you'll develop high blood pressure at some point during your life can be as high as 90%. That means high blood pressure is a heart health risk factor everyone should be aware of.</p>	<p>3 ideas to help lower your risk of high blood pressure</p> <ol style="list-style-type: none"> 1. Eat fruits and vegetables at the beginning of your meal 2. Maintain a weight in the "healthy" or "ideal" range 3. Limit your alcohol intake – 1 drink a day for women, 2 for men

<i>Did You Know?</i>	<i>Tips</i>
<p>As it turns out, both smoking and sitting in a chair all day increase your risk of heart attack about the same amount. It's pretty surprising that something as simple as sitting for a long time could be such a big risk factor.</p>	<p>4 easy ways to get on your feet</p> <ol style="list-style-type: none"> 1. Walk around during commercials 2. Stand up while you're on the phone 3. Get off the bus one stop early 4. Park your car farther away

<i>Did You Know?</i>	<i>Tips</i>
<p>Just 20 minutes after the last cigarette, your heart rate drops toward a normal level. No matter how long you've been smoking, the benefits of quitting can be enormous – and they happen faster than you might think.</p>	<p>Ideas to help quit smoking</p> <ol style="list-style-type: none"> 1. Focus on the reason you want to quit 2. Ask a doctor for help quitting 3. Get support from friends and family 4. Relax – stress makes quitting harder



<i>Did You Know?</i>	<i>Tips</i>
<p>According to Mayo Clinic, getting a good night’s sleep is more important than you might think. When you don’t get enough sleep, it increases your risk of high blood pressure and heart attack. The first step to getting more sleep is to know your sleep patterns – and then work on improving them.</p>	<p>How to work toward a better night’s sleep</p> <ol style="list-style-type: none"> 1. Keep a sleep diary – learn your patterns. 2. Follow a schedule – go to bed and get up at the same time. 3. Stick to your schedule on weekends – don’t try to “catch up” on sleep.

<i>Did You Know?</i>	<i>Tips</i>
<p>You already knew sleep was important, but, according to Mayo Clinic, a full 8 hours is the ideal amount of sleep to help reduce your risk of heart disease. The good news is that there are some easy ways to set yourself up for a good night’s sleep.</p>	<p>Getting ready for a good night’s sleep</p> <ol style="list-style-type: none"> 1. Turn off your screens an hour before bed. 2. Then, do something relaxing: <ul style="list-style-type: none"> • Read a book • Take a bath • Listen to music

<i>Did You Know?</i>	<i>Tips</i>
<p>The fats in whole-milk dairy products may increase levels of “bad” (LDL) cholesterol, while the fats in olive oil and salmon are beneficial fats, and can help keep your “bad” (LDL) and “good” (HDL) cholesterol levels closer to where you want them. The fiber in oat bran can help reduce your LDL cholesterol level, too.</p>	<p>Whole grains can help reduce your risk of heart disease. 5 ways to eat whole grains</p> <ol style="list-style-type: none"> 1. Try whole-wheat bagels 2. Make wild rice soup 3. Make pancakes with oat flour 4. Use whole-wheat tortillas for tacos 5. Have some popcorn

<i>Did You Know?</i>	<i>Tips</i>
<p>A serving of fruit is about the size of a tennis ball – that means one apple, orange, or banana will get you a full serving of fruit. Fruit is a simple thing to add to your diet, since it doesn’t require any preparation and is easy to carry around in your purse or lunchbox.</p>	<p>3 ways to get more fruits and veggies</p> <ol style="list-style-type: none"> 1. Have a fruit salad before dinner. 2. Craving some crunch? Have lots of fresh salsa with a few chips. 3. Challenge yourself to try something new, like jicama, papaya, orchard.

Sources: Mayo Clinic Healthy Heart for Life!; Time Home Entertainment, Inc., 2012, p. 38-43,46-49, 57-60, 67,70-71; Mayo Clinic Website, “Aerobic Exercise,” <http://www.mayoclinic.org/healthy-living/fitness/basics/aerobic-exercise/hlv-20049447>; Mayo Clinic Website, “Exercise Intensity,” <http://www.mayoclinic.org/exercise-intensity/ART-20046887>; The Framingham Heart Study, “Residual lifetime risk for developing hypertension in middle-aged women and men” <http://www.courses.ahc.umh.edu/pharmacy/5822/FRAMINGHAMTrial.pdf>; Mayo Clinic Website, “High Blood Pressure,” <http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/basics/lifestyle-home-remedies/CON-20019580>; Mayo Clinic Website, “Whole Grains,” <http://www.mayoclinic.org/whole-grains/ART-20047826?pg=2>