



ARE YOU AT RISK?

— KNOW THE STATS —

EACH YEAR IN THE UNITED STATES:

 **720,000** PEOPLE
— or one every 34 seconds —
SUFFER A HEART ATTACK

795,000 PEOPLE
— or one every 40 seconds —
HAVE A STROKE 

— ASSESS YOUR RISK —



HEREDITY:

History of a heart attack in both parents **INCREASES THEIR CHILDREN'S RISK** for a heart attack, especially when one parent has a premature heart attack



DIET:

A diet rich in vegetables, fruits, whole-grain and high-fiber foods, fish, lean protein, and fat-free or low-fat dairy products is **A KEY IN FIGHTING** cardiovascular disease



SMOKING:




Smokers are **TWO TO FOUR TIMES** more likely to develop heart disease



EXERCISE:

An inactive lifestyle is a **RISK FACTOR** for coronary heart disease

≡ MAKE A PLAN ≡

-  Visit www.IamProHeart.com to use the ProHeart Path Tool
-  Receive your personalized risk assessment report and action plan
-  Talk to your doctor about your report and action plan