

# You are at higher risk for heart disease if you are ....

*Learning for Life*

**Do something  
for your heart  
– Be Proactive!**

**The University of  
Georgia  
Cooperative  
Extension**

**Contact your local  
office at**



- **Obese**
- **Have Diabetes**
- **Smoke**
- **Are inactive**
- **Have total cholesterol 200 or more**
- **Have blood pressure 120/80 or more**
- **Have a family history of heart disease**
- **Are a woman over 55 or a man over 45**



**Consume *heart healthy* food and drinks such as...**

- Vegetables
- Fruits
- Non-fat and low fat dairy foods
- Fish and skinless poultry
- Salt free nuts
- Water

**Do 30-60 minutes daily of activities such as:**

- walking
- chair aerobics
- strength training
- swimming
- biking
- dancing



# Have regular check-ups

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