

# Have a Healthy Heart

Do you know the risk factors for Heart Disease?

## Risks you can't Control:

- Family history of heart disease
- Increasing age
- Personal history of heart attack or coronary artery disease

## Risks you CAN Control:

- Smoking
- Being overweight
- Diabetes
- High blood pressure
- High cholesterol
- Sedentary lifestyle

The best time to start taking care of your heart is **NOW!** Your health improves and your heart disease risks start to drop as soon as you begin to change high-risk behaviours. **So start today!**

## What can you do to have a healthy heart?

1. Choose to be smoke-free
2. Manage your blood pressure
3. Maintain healthy cholesterol levels
4. Keep your weight in the healthy range
5. Be physically active
6. Learn how to manage your stress
7. Go for regular checkups with your doctor