

**TOO MUCH  
CHOLESTEROL  
IN YOUR BLOOD  
INCREASES  
YOUR RISK.**



GET TESTED TO LEARN YOUR TOTAL CHOLESTEROL, GOOD (HDL) AND BAD (LDL) CHOLESTEROL, AND TRIGLICERIDES.



PHYSICAL INACTIVITY BOOSTS YOUR RISK EVEN IF YOU HAVE NO OTHER RISK FACTORS.

**AIM FOR 2½ HOURS OF  
MODERATE-INTENSITY  
AEROBIC  
ACTIVITY PER WEEK.**

HEARTTRUTH.GOV

ARE YOU AT  
RISK FOR  
**HEART  
DISEASE?**



A program of the National  
Institutes of Health



THE HIGHER YOUR BODY MASS INDEX (BMI), THE HIGHER YOUR RISK FOR HEART DISEASE, ESPECIALLY AT BMI GREATER THAN 30.

**MAINTAIN  
A HEALTHY  
WEIGHT.**

**HIGH BLOOD  
PRESSURE  
GREATLY INCREASES  
YOUR RISK.**

GET TESTED. REDUCE YOUR SODIUM INTAKE. STAY ACTIVE. MAINTAIN A HEALTHY WEIGHT.



**DIABETES.  
PUTS YOU AT INCREASED RISK  
FOR HEART DISEASE.**

YOU CAN LOWER YOUR RISK BY KEEPING YOUR BLOOD GLUCOSE CLOSE TO THE RECOMMENDED TARGET NUMBERS.<sup>2</sup>