

# Facts About Heart Disease Prevention

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It all comes down to  
**exercise** and a **healthful eating pattern**.

## According to the AHA...



"Being physically active is also important to prevent heart disease and stroke. Just 40 minutes of aerobic exercise [...] three to four times a week is enough to lower both cholesterol and high blood pressure."

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## You Have the Power!

The American Heart Association maintains, "A healthy diet is one of the best weapons you have to fight cardiovascular disease. The food you eat (and the amount) can affect other controllable risk factors."

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## Start Slowly!



Talk with your doctor about what kinds of physical activity are right for you. Remember, it's wise to start slowly and work steadily. This will help you stick to your new program while reducing your risk of injury.

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## Choose Health!

You can create a personalized diet plan with your doctor or nutritionist, but the broad strokes of a heart-healthy diet include fresh fruits and vegetables, whole grains, low-fat dairy, lean protein, and limited amounts of sodium, saturated fat, and added sugars.

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## Get Inspired!



To get you thinking about new and fun ways to exercise, consider walking with friends or family, taking an exercise class, trying yoga, swimming, taking a bike ride, or going for a jog.



## Try TLC or Make a DASH

The NHBLI's TLC diet or DASH diet may also help you prevent heart disease by lowering various heart disease risk factors. Check them out at [goo.gl/TEJGgU](https://goo.gl/TEJGgU) & [dashdiet.org](https://dashdiet.org).