

7 STEPS to Prevent HEART DISEASE



QUIT SMOKING

If you don't smoke, don't start.
If you do, VA can help you quit.



MAINTAIN HEALTHY WEIGHT

Strive for a body mass index (BMI) between 18.5 and 24.9.



CONTROL BLOOD SUGAR

Aim for a fasting blood sugar level less than 100 mg/dL.



EAT BETTER

Choose healthier foods such as fruits, vegetables and whole grains.



MONITOR BLOOD PRESSURE

Get checked every year
for hypertension.



WATCH CHOLESTEROL

Healthy levels range between
125 and 200 mg/dL.



EXERCISE REGULARLY

Get at least 30 minutes a day
to reduce strain on your heart.

Natural Pharmacist Preventing Heart Disease

Richard Harkness



Natural Pharmacist Preventing Heart Disease:

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