

The Top 3 Tips For Preventing Heart Disease in Adults



1. Exercise Daily

Men and women need to stay active daily. Physical activity and aerobic exercise for at least 30 minutes a day needs to part of your every day routine. This may include exercising at the gym, brisk walking, bicycling, or swimming. Find an exercise activity that you love and do it daily.



2. Eat Healthy

Making healthy nutritional choices daily is vital for your health. A diet rich in colorful fruits and vegetables, and water, should be part of a daily heart healthy diet. Everyone should avoid food with excessive fat, sugar, and salt. Also, limit soft drinks and fast food consumption.

3. Avoid Tobacco Smoke

Smoking tobacco leads to heart disease. Cigarette smoke narrows and damages the arteries of the body. It is important that you do not smoke or stop smoking. Also, everyone needs to reduce their exposure to second-hand smoke which research shows is associated with coronary artery calcification, a build-up of calcium in the heart's arteries which indicates heart disease.



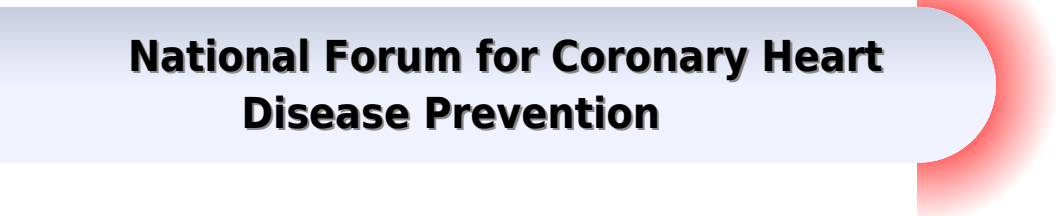
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