

## Primordial prevention

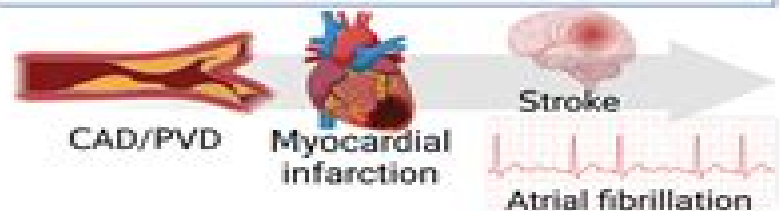


- Health promotion and awareness.
- Improved environments to encourage physical activity.

## Primary prevention of risk factors



## Secondary/Tertiary prevention



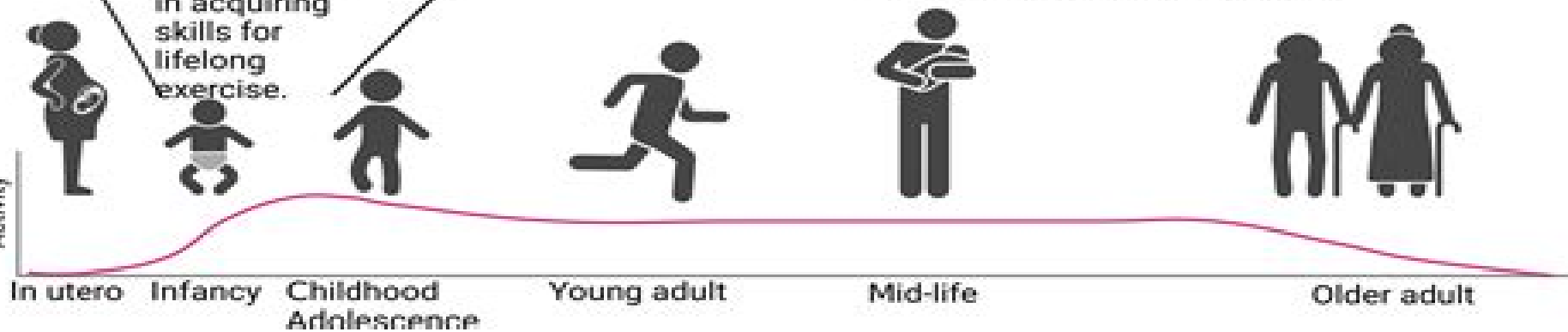
- Physical activity may improve outcomes in established CVD.

## Growth & development



- Critical phase in acquiring skills for lifelong exercise.

Physical Activity



# Preventive Aspects Of Coronary Heart Disease

**National Heart, Lung, and Blood  
Institute**



## **Preventive Aspects Of Coronary Heart Disease:**

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