



Potty Pointers

Stay young at HEART!

Follow these guidelines to help keep your heart healthy:

- Don't smoke
- Limit the amount of sodium (salt), cholesterol, saturated fats, and Trans fats in your diet.
- Eat plenty of fruits, vegetables, whole-grain foods and low-fat dairy products.
- Be physically active each day.
- Maintain a healthy weight.
- Maintain a normal blood pressure.
- Manage stress in your life.
- Get regular health screenings

A person's age, gender, family history and other health factors can also increase the risk of developing heart disease. The best way to protect against heart disease is to know your personal risk factors and tailor your lifestyle to suit your individual medical needs.

For more information visit:

<http://www.americanheart.org>

For heart healthy recipes visit:

<http://www.deliciousdecisions.org>

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