

# 5 EASY WAYS TO STRENGTHEN YOUR HEART IN YOUR 20S

## 1 KNOW YOUR FAMILY'S HEALTH HISTORY

Families with a history of stroke, heart attack, diabetes, high cholesterol or high blood pressure are at higher risk of heart disease.



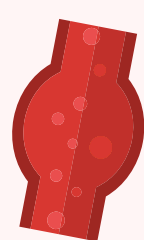
## 2 STAY ACTIVE

Staying fit can cut your heart disease risk by 1/2.



Add a little fun to your cardio workouts by exploring trails by bike or swimming at your favorite spot. Every activity counts.

## 3 SCHEDULE REGULAR MEDICAL CHECKUPS



50% of the first coronary artery disease symptoms are heart attacks or sudden death.

Physicians are 2x more likely to recommend prevention after an abnormal screening test.



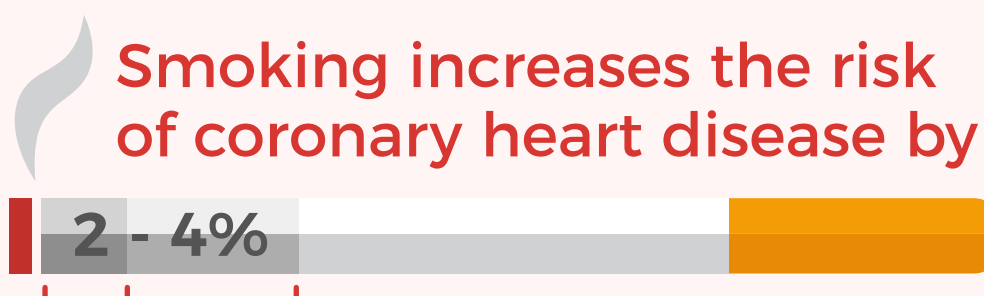
## 4 EAT HEART-FRIENDLY MEALS

Try eating fish 3 times a week.



Get at least 3 servings each of fruits & vegetables a day.

## 5 STAY AWAY FROM SMOKING & LIMIT DRINKING



Doctors recommend limiting alcohol to one drink a day for women and two drinks a day for men.

