

Did you know?

Heart disease is the leading cause of death for men and women in the U.S. Are you at risk for heart disease?

1 in 3 
Americans have
high blood pressure.
Have it checked regularly.

Fit in at least 
2¹/₂ hours
a week
of physical activity.

Inactivity doubles your risk, even with no other risk factors.

The higher your
BMI, 
the greater your risk.

Calculate your body mass index (BMI), and work to maintain a healthy weight.


Diabetes
puts you at increased
risk for heart disease.

Work with your health care provider to help manage your risk factors.

Know your numbers.
Too much cholesterol
increases your risk.

Get tested and learn the difference between HDL, LDL, and triglycerides.

Smokers are 
6 times
more likely
to suffer heart attacks.

Take the first step to quitting.

Hearts Can't Wait.

Join Our 28-Day Challenge!



Hearts can't wait to be healthy. Eating well, staying active, reducing stress, and scheduling regular screenings are keys to a heart-healthy lifestyle. Make small steps towards big changes by taking our 28-Day Challenge. Check one a day:

- Include another serving of vegetables at dinner.
- Invite a friend to exercise with you.
- Aim for a full eight hours of sleep.
- Learn your BMI (body mass index).
- Schedule your annual physical.
- Swap dessert for a piece of fruit.
- Reduce stress by playing with your pet.
- Learn hands-only CPR. It's two steps to save a life.
- Use the stairs, park further away, or take a short walk.
- Add healthy fats, like nuts or avocado, to your diet.
- Lessen stress: share a laugh with someone.
- March in place for 3 minutes.
- Swap a salty snack choice for a healthier option.
- Perform a random act of kindness today.
- Get your cholesterol tested.
- Take the step to stop smoking, or support a friend.
- Drop and give me ten push-ups!
- Ask a few relatives about your family health history.
- Try going meatless for a day.
- Draw, color, or paint a picture to reduce stress.
- Do 1 minute of squats or jumping jacks.
- Cut your caffeine and alcohol intake.
- Spend 5-10 minutes stretching or doing yoga.
- Dance break! Have a 5-minute dance party.
- Get your blood pressure checked.
- Eat leafy greens or a vegetable you haven't tried.
- Channel stress by writing 10 things you're grateful for.
- Aim for 30 minutes of exercise today.