

Prevent



Healthy Eating

- ♥ Choose foods low in saturated fat, trans fat, and sodium.
- ♥ Eat plenty of fruits and vegetables, fiber-rich whole grains, fish (preferably oily fish-2x/week), nuts, legumes and seeds.
- ♥ Select lower fat dairy products and poultry. Limit sugar-sweetened beverages and red meat.

Active Lifestyle

- ♥ At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150
- ♥ Moderate to high intensity muscle strengthening activity at least 2 days per week for additional health benefits.



Sleep

- ♥ Studies have found that most people need six to eight hours of sleep each day and that too little or too much can increase the risk of cardiovascular problems.