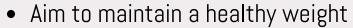# Heart Health

Heart disease is the leading cause of death in the United States. Do your part to protect your heart. Learn more: *hearttruth.gov*.
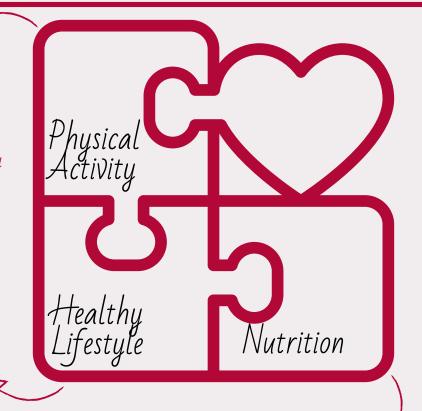
- Move more
- Make exercise part of your daily routine
- Exercise 30 minutes each day

If you are having trouble with this goal, start with just 10 minutes a day

- Aim to maintain a healthy weight
- Reduce stress
- Improve sleeping habits
- Quit smoking
- Know your numbers: blood pressure, blood sugar, cholesterol

Ask a friend or loved one to help you reach your goals

Physical Activity

Healthy Lifestyle

Nutrition

- Make healthy choices
- Choose fruits, vegetables, and whole grains
- Avoid foods high in saturated fat and sodium and limit sugar and other sweeteners

Put children on the heart healthy path. Teach them to . . .

Eat Right

Get Active

Reduce Screen Time

Heart attacks are the leading cause of death among active-duty firefighters.

FIRE SAFE South Carolina
A COMMUNITY RISK REDUCTION PROGRAM