

# HEART HEALTH Matters

**1** in every **4** deaths in the U.S. are due to heart disease

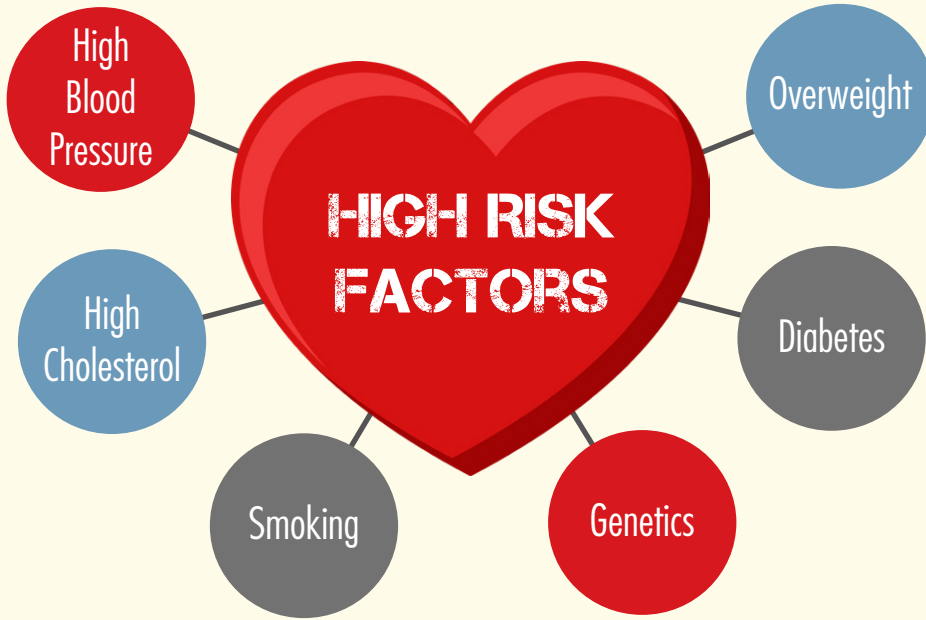


**1 PERSON DIES**



**EVERY MINUTE**

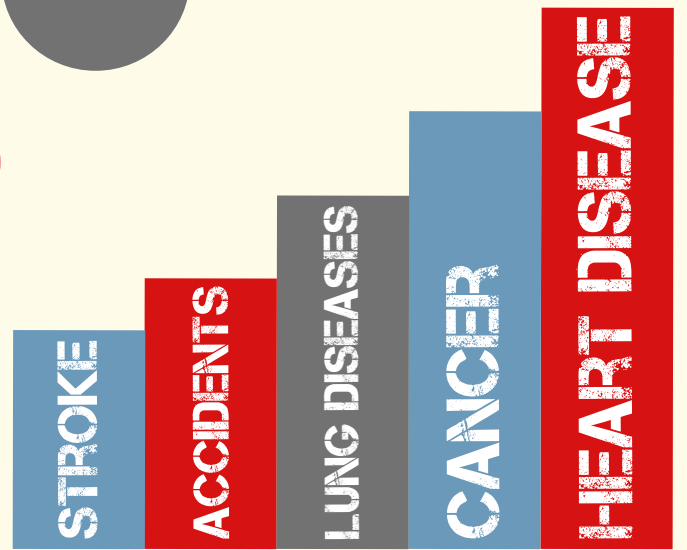
from a heart disease-related event in the U.S.



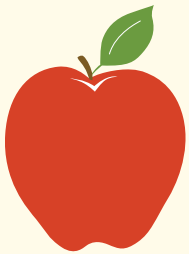
**WAYS TO**

**LOVE**

**YOUR HEART**



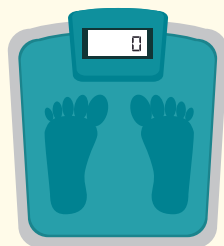
5 Leading Causes of Death in the U.S.



**EAT A HEALTHY DIET**



**AVOID TOBACCO PRODUCTS**



**MAINTAIN A HEALTHY WEIGHT**



**LIMIT ALCOHOL CONSUMPTION**



**EXERCISE REGULARLY**



Teaching skills for life