

HEART HEALTH Matters

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

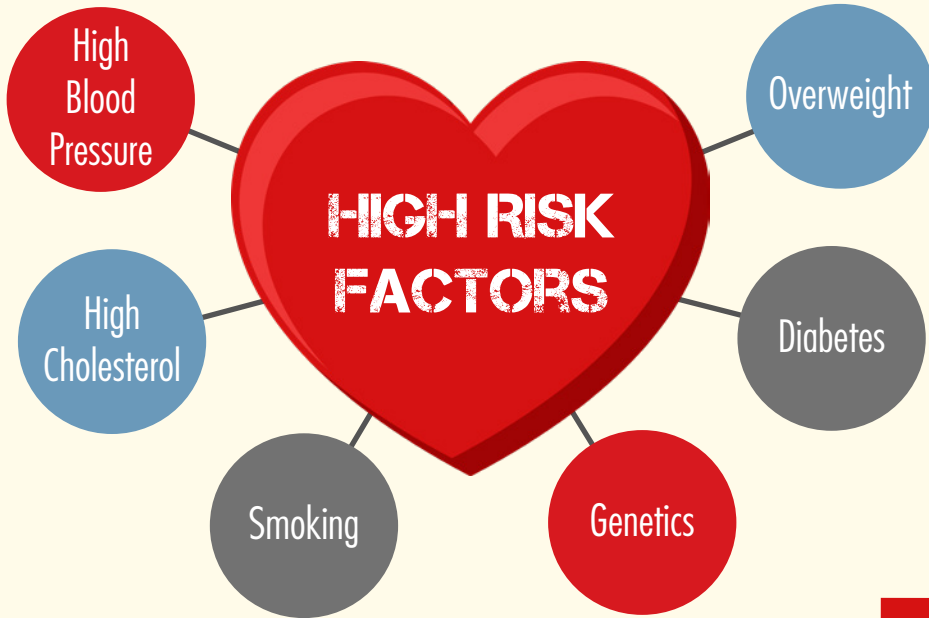


1 PERSON DIES



EVERY 37 SECONDS

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



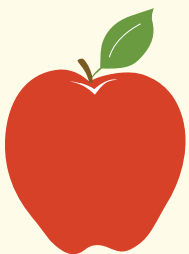
WAYS TO

LOVE

YOUR HEART



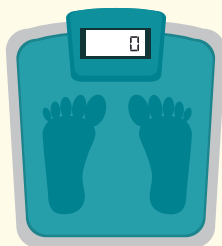
5 Leading Causes of Death in the U.S.



EAT A HEALTHY DIET



AVOID TOBACCO PRODUCTS



MAINTAIN A HEALTHY WEIGHT



LIMIT ALCOHOL CONSUMPTION



EXERCISE REGULARLY



AMERICAN SAFETY & HEALTH INSTITUTE

MEDIC First Aid

