

## Protect Your Body... Your Temple

### HEALTHY HEART HABITS

African-Americans face higher risk of developing heart disease than whites.

The more risk factors you have, the greater your chance of developing heart disease.

Reduce your risk. Control the major risk factors and start healthy heart habits:

- **Stop Smoking**
- **Lower High Blood Pressure**
- **Reduce High Cholesterol**
- **Aim for a Healthy Weight**
- **Be Physically Active/ Exercise Each Day**
- **If you have diabetes work with your healthcare provider to manage it**

PROTECT YOURSELF AND YOUR LOVED ONES... WITH KNOWLEDGE & ACTION



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