

# PROTECT YOUR BODY YOUR TEMPLE

**Lower Your Risk for Stroke**

African-Americans face higher risks of stroke.

- The more risk factors you have, the greater your chances of having a stroke.
- The best way to prevent a stroke is to reduce your risk factors.

**Risk Factors for Stroke:**

- **smoking**
- **high blood pressure**
- **high cholesterol**
- **physical inactivity**
- **obesity/overweight**
- **diabetes**

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*Protect yourself and your loved ones with healthy habits.*

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