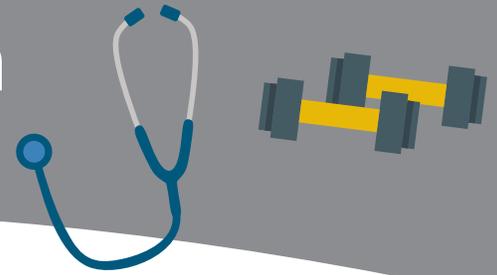




Tips for Heart Health



Did you know you can lower your risk of heart disease and other serious conditions like Type 2 diabetes, when you live a heart-healthy lifestyle? By following the tips below, you'll be making heart-healthy choices to improve your health and help prevent serious health conditions.¹



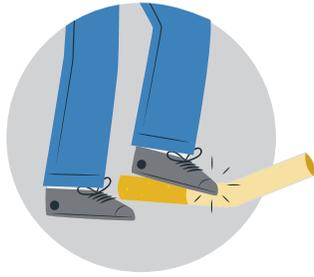
Eat Nutritious Foods

- Look for ways to make nutritious food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products.
- Try to reduce your salt intake, saturated fats, and added sugars. It may take a while to get used to, but small changes can have a big impact.
- Drink, drink, drink water instead of sugary drinks. If you drink alcohol, drink in moderation.



Get Moving!

- Physical activity can help lower your blood pressure, blood cholesterol, and blood sugar levels.
- Try to do some form of physical activity that you enjoy every day (20-25 minutes of activity). Remember, dancing in the kitchen counts!
- Children and teenagers should try to get 1 hour of physical activity every day.



Quit Smoking

- Cigarette smoking greatly increases your risk for heart disease and other serious conditions.
- If you do smoke, quitting will lower your risk for heart disease. Call 1-800-QUIT-NOW for free support. You can do it!



Take Your Medication

- Take medications that have been prescribed to you to treat high cholesterol, high blood pressure, or diabetes, as directed.
- Knowing how and when to take your medication will help keep your heart healthy. Always ask questions if you don't understand something.



Monitor Blood Pressure

- It's important to get your blood pressure checked regularly and even more frequently if you have been diagnosed with high blood pressure.
- You don't have to go to a doctor's office to check your blood pressure. Some blood pressure monitors work well and you don't have to leave your house! Most pharmacies have them, so check them out and ask the pharmacy staff if you need help choosing one.
- Know your numbers! Make sure to write down your blood pressure numbers and keep track of them in one place. That way, you can see if there are any changes and seek medical attention if there is a problem.

Visit [Bridgetohealth.com](https://www.bridgetohealth.com) to find out more and connect to local programs and services



Bridge to Health is a community partnership program brought to you by Quest Diagnostics.

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¹⁷ Strategies to Live a Heart-Healthy Lifestyle. Centers for Disease Control and Prevention website. Reviewed February 10, 2021. Accessed July 9, 2021. <https://www.cdc.gov/chronicdisease/resources/infographic/hearthealth.htm>.

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This information is not intended to diagnose health problems or take the place of professional medical care. Please consult your healthcare provider for a program that is right for you.