

The healthy heart challenge



Commit to *The heart healthy challenge*. Your heart will thank you!

Heart disease, such as coronary heart disease, heart attack, congestive heart failure, and congenital heart disease, is one of the leading causes of death for men and women around the globe. Although not all forms of heart disease are preventable, most instances of heart disease can be prevented by healthy lifestyle habits.

Taking care of your heart means adopting healthy behaviors to decrease your overall risk factors. While some risk factors can't be prevented, taking action for the ones that will have a significant impact on your heart health.

Risk factors that can be managed

You can control or treat these risk factors with lifestyle changes and your healthcare provider's help:

- High blood pressure
- Smoking
- High blood cholesterol
- Lack of regular activity

- Obesity or overweight
- Diabetes

Risk factors you can't change

While the following are risk factors you can't change, each are still important when assessing your risk for heart disease and stroke.

- Age
- Gender
- Heredity (family health history)
- Race
- Previous stroke or heart attack

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