

# 10 WAYS TO LOVE YOUR HEART

## It's important to treat your heart right.

Cardiovascular disease is the leading cause of death in the United States, accounting for more deaths than cancer, accidents, and diabetes combined. Fortunately, each of us can help prevent cardiovascular disease with these 10 heart-healthy tips from Bayer Aspirin.\*

### 1. Exercise

Go for a daily walk or do any physical activity at least 30 minutes a day to strengthen your heart.



### 2. Lose Weight

Obesity increases the risk for diabetes, high blood pressure, and high-cholesterol—all contributing factors to heart disease.



### 3. Reduce Alcohol Intake

More than one or two drinks a day can be harmful. Most women should limit alcohol intake to one drink per day.

### 4. Be Proactive

Educate yourself and your loved ones about how to prevent heart disease and how to recognize symptoms of a heart attack. Learn how to take charge of your heart health at [iamproheart.com](http://iamproheart.com).

### 5. Quit Smoking

Smokers have a 79% higher risk of death from heart disease than non-smokers. Good news: quitting can substantially decrease your risk of heart disease within two years.



### 6. Reduce Stress

Maintain a balanced work/home lifestyle and avoid high-stress situations. Reduce tension through meditation, exercise, and laughter.



### 7. Get Regular Check-ups

Visit your doctor regularly to check your numbers (blood pressure, cholesterol, etc.) even if you feel healthy.

### 8. Ask Your Doctor About Aspirin

If you have had a heart attack or ischemic stroke, ask your doctor about starting an aspirin regimen.\*\*

### 9. Eat Better

Eat more than five servings of fruits and vegetables daily to reduce your risk for heart disease by 17%. Eat low-fat meats, low-salt foods, omega-3 rich fish, and whole grains.



### 10. Keep Aspirin On Hand

In case of a heart attack, call 911 and chew one 325mg regular strength aspirin (or two 81mg aspirin tablets as directed by a doctor) to reduce the risk of death and lessen a heart attack's damaging effects.



\* Source: [iamproheart.com](http://iamproheart.com)

\*\* Aspirin is not appropriate for everyone, so be sure to talk to your doctor before you begin an aspirin regimen.

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\*Visit [iamproheart.com](http://iamproheart.com) for more heart-healthy tips.

