INSPIRED
To Make Healthy Choices

Taking care of YOUR HEART?
The heart is a muscle and it needs exercise to keep fit so that it can pump blood efficiently around your body with each heart beat.

75% of heart failure cases are caused by high blood pressure.

About 600,000 people die of heart disease in the United States every year—that’s 1 in every 4 deaths. High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease. About half of Americans (49%) have at least one of these three risk factors.

A smoker is twice as likely to have a heart attack than a non-smoker. The risk of heart attack starts to reduce the moment one stops smoking.

GEORGIA TOBACCO QUITLINE
1-877-270-STOP(7867) Toll Free

THE SIX RISK FACTORS for heart failure include high cholesterol level, high blood pressure, smoking, obesity, diabetes and physical inactivity.

Call 9-1-1 when you witness these signs and symptoms of heart failure:

- Shortness of breath
- Heart beating faster (palpitations)
- Swollen ankles, legs, and abdomen
- Tightness or discomfort in the chest, neck, arm or stomach
- Confusion/memory loss/disorientation
- Tiredness/fatigue all the time and difficulty with every day activities
- While symptoms are the same in women and men, women often have more shortness of breath and swollen ankles than men.

Want to make sure YOUR heart is healthy?
Muscles get stronger when they are exercised.

- Got a few minutes after school? WALK around the track or park. Walk fast enough that you are finding it a little hard to talk to your friend.
- At the mall this weekend? Take steps and walk as much as you can. Avoid popcorn at the theater, it’s loaded with empty calories.
- Reading or studying? Take regular breaks, stretch and increase your activity level.
- Kids: Challenge your mom or dad to a game of tag.

Do it for your heart! Healthy choices will keep it pumping easier and make it stronger.

Become Inspired to Make Healthy Choices for a healthier heart!
- Become more active and include aerobic exercise in your plan.
- Eat a healthy, balanced diet using monounsaturated fats such as olive oil.
- Decrease your salt intake.
- If you are a smoker, stop smoking.
- Get your blood pressure and cholesterol levels checked.
- Manage your weight.
- Decrease your stress level.
- Check your family health history.

Gwinnett Parks and Recreation offers many heart-healthy activities and programs.
Go to www.gwinnettponds.com to find out more.

For more information:
www.guideinc.org

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