

# 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**

### 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.gwinnettparks.com](http://www.gwinnettparks.com) to find out more.

**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.

For more information:  
**Heart Health**  
[www.guideinc.org](http://www.guideinc.org)

### 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.**

About 47% of sudden cardiac deaths occur outside a hospital.

Early Action is Key. Call 9-1-1 when you see signs of heart failure.

Take a brisk 10-minute walk, 3 times a day, 5 days a week.

Heart failure is when the heart can't pump enough oxygen & nutrient-rich blood throughout the body.

