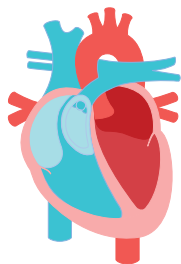


# inspired

[to make healthy choices]



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## Caring for Your Heart

**A healthy heart is important for overall good health!**

Take steps to boost your well-being by focusing on prevention and activities to improve heart health.

**Avoiding smoking and excessive alcohol use can help protect your heart!**

**Smoking** can cause hypertension, permanently damage your blood vessels, increase risk for blood clots, reduce blood flow from the heart and more, all of which can lead to cardiovascular disease. (FDA)

**Georgia Tobacco Quit Line at 1-877-270-STOP**  
for help quitting smoking, vaping and using smokeless tobacco.



**Excessive alcohol** use can increase the risk of heart attack and stroke, as well as lead to hypertension, cardiomyopathy cardiac arrhythmia and alcohol poisoning. (American Heart Association)

**Georgia Crisis and Access Line (GCAL) at 1-800-715-4225**  
for help accessing services to address substance use.



## Tips for a Healthy Heart (CDC, Johns Hopkins)

<b>Quit smoking and monitor your alcohol use!</b>	<b>Learn your family health history so you are aware of your risks.</b>
<b>Eat a well-balanced, nutritious diet.</b>	<b>Always take medications as directed.</b>
<b>Schedule regular checkups with your doctor.</b>	<b>Get at least 150 minutes of moderate-intensity exercise every week.</b>
<b>Drink plenty of water throughout the day.</b>	<b>Aim to get at least 7 hours of sleep per night.</b>

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