



Wellness Buddy Wednesday Tip

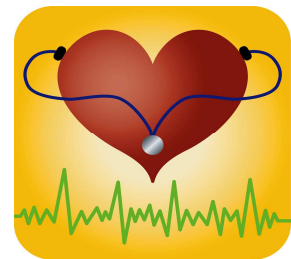
Reducing the Risk of Cardiovascular Disease

To reduce the risk of CVD:

1. Learn about your heredity, and use the information. Control the lifestyle factors that may affect you.
2. Don't smoke. If you do smoke, stop.
3. Keep your blood pressure below 120/80.
4. Keep your cholesterol within the normal range (200 milligrams per deciliter or lower, but it is important to check HDL (*healthy*) and LDL (*lousy*) levels for better analysis).
5. If you have diabetes, keep your blood sugar under control.
6. Exercise vigorously for at least 30 minutes three or more times weekly.
7. Maintain appropriate body weight.
8. Control stress. Learn to relax.

Fast Facts

- ♥ *One study of 2,000 male heart patients found that just two fish meals weekly reduced the rate of recurrent heart attacks by 30%.*
- ♥ *Eating two carrots a day might lower your cholesterol by 10 to 20 percent. Carrots contain pectin, which binds with bile acids to reduce blood cholesterol.*
- ♥ *Researchers have found that green and blue are the most relaxing colors. Looking at green can actually lower the heart rate.*



Healthy Communities, Healthy
People
Jackson Co Health Department
P O Box 310
3045 4th Street

Phone: 850.526.2412 ext 282
Fax: 850.428.9564
Email: WellnessBuddy@doh.state.fl.us



Nutrition & physical fitness *are our mission!*