

# WHAT IS HEART DISEASE?



Your heart is a powerful engine that sends blood and oxygen all over your body. When your heart or blood vessels are not working as well as they should then you may be at risk for heart disease. This can weaken your heart, cause chest pain, or lead to a heart attack. Here are some risk factors and common symptoms of heart disease.

# 47%

of all adults in America have at least 1 of the 3 main risk factors for heart disease<sup>1</sup>:

- High blood pressure
- High cholesterol
- Smoking

## OTHER MODIFIABLE RISK FACTORS INCLUDE<sup>1</sup>



Obesity



Diabetes



Sedentary lifestyle



Drinking alcohol



Diets high in saturated and trans fat

## WHAT ARE COMMON SYMPTOMS OF HEART DISEASE? <sup>2</sup>



Feeling more tired than usual



Having trouble catching your breath



Swelling in your legs or feet



Experiencing chest tightness or discomfort

# FIVE STEPS TO A HEALTHIER HEART

THERE'S A LOT YOU CAN DO TO KEEP YOUR HEART STRONG AND HEALTHY!

1

## FILL YOUR PLATE WITH HEART-HEALTHY FOODS

- Color Your Plate with fruits and vegetables like apples, carrots, spinach, and berries
- Pick Grains with Fiber like whole grain bread, pasta, oatmeal, and brown rice
- Include Lean Proteins like fish, beans, legumes or lean meats like chicken or turkey
- Swap for Low-fat Dairy like low-fat or fat-free milk, cheese, and yogurt
- Choose Heart Friendly Fats like olive oil, nuts, seeds, and avocados



2

## ENJOY ACTIVITY EVERY DAY

- Move for least 30 minutes a day or 150 minutes a week<sup>3</sup>
- Find activities you love! Walking, dancing, playing sports, or even gardening
- Start small by breaking movement into 10-minute sessions 3 times a day



3

## TAKE TIME TO RELAX AND MAKE SLEEP A PRIORITY

- Take breaks to do things you enjoy, like reading, stretching, or listening to music
- Get enough sleep – try to get 7-9 hours of sleep each night



4

## STAY HYDRATED

- Drinking enough water is a simple way to help your heart pump blood through the body, reducing the workload on your heart



5

## GET REGULAR CHECKUPS WITH YOUR HEALTHCARE PROVIDER

- Visit your healthcare provider regularly to stay on top of your health goals
- Ask key questions like:
  - » Are there lifestyle changes that could improve my heart health?
  - » How can I lower my risk of complications from heart disease?
  - » What types of exercise are safe for me?



EACH SMALL STEP IS A WIN FOR YOUR HEART HEALTH.

Visit [anihi.org](https://www.anihi.org) or scan this QR code for a digital copy of this resource



1. CDC. Heart Disease Risk Factors. Published December 2, 2024. Accessed January 27, 2025. <https://www.cdc.gov/heart-disease/risk-factors/index.html> | 2. Cleveland Clinic. Heart Disease. Accessed January 27, 2025. <https://my.clevelandclinic.org/health/diseases/24129-heart-disease> | 3. American Heart Association. American Heart Association Recommendations for Physical Activity in Adults and Kids. Accessed January 27, 2025. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>