LIFESTYLE LESSONS

Provided by: Highpoint Insurance Group

Did You Know?

According to the American Heart Association, more than one in three women has a form of cardiovascular disease. And, heart disease is the leading cause of hospital stays for men in the United States. While there are some risk factors that contribute to heart disease that you can't control, there are also many things you can do to preserve your heart health.

MAINTAIN YOUR HEART HEALTH

Here's a list of largely preventable factors that increase your risk of heart disease:

- Having high blood pressure
- Having high cholesterol
- Smoking or drinking alcohol
- Being overweight or obese
- Having a waist measurement greater than 40 inches (for men) or 35 inches (for women)
- Having an inactive lifestyle
- Having type 2 diabetes
- Keeping a poor diet high in saturated fat and cholesterol
- Experiencing excess stress

Use these tips to take control of your risks:

- Do not smoke or use illegal drugs.
- Drink alcohol in moderation.
- Maintain a healthy weight and get regular exercise.
- Follow a low-fat, low-cholesterol diet.
- Limit your sodium intake to between 1,500 and 2,400 milligrams per day.
- Keep your stress levels under control.
- Schedule regular medical checkups with your primary care physician.
- Get your blood pressure and cholesterol checked regularly.

Healthy Hints

Combining regular physical activity with a healthy diet, adequate sleep, effective stress management and avoidance of tobacco slashes your risk of heart disease and premature death dramatically. By following this guidance, you can do your part to keep your heart healthy for years to come.

FIRST AID

Highpoint Insurance Group
www.hpigrp.com
281-204-8770

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