

HOW CAN YOU PROTECT YOUR HEART AT ANY AGE

Quit smoking or never start to smoke

If you follow that advice your blood pressure will decrease, your circulation will improve, and your oxygen supply will increase – that will significantly lower your risk of heart attack.



Check your family history

Checking your family history may help you see if you have some genetic predisposition for heart disease.



Eat healthy

Maintaining a good diet can reduce your risk for heart disease.



Exercise

Being physically active, as well as maintaining a healthy weight are vital to lowering blood pressure, thus preventing heart disease.

