

ARE YOU HEART SMART?



In Canada, heart disease is the second leading cause of death¹ and a leading cause of hospitalization. Of the lives claimed, sudden cardiac death is responsible for half of all heart disease-related deaths². Heart disease doesn't discriminate, and it's important to be proactive about your heart health.

Reduce your risk with these lifestyle tips:*

FUEL FOR FITNESS

Focus your diet on fresh fruits, veggies, and whole grains. Limit saturated and trans fats, added sugars, sodium, and alcohol.



A recipe for better health: 50% fruits and veggies, 30% whole grains, and 20% lean protein³.

SCHEDULE CHECKUPS

Annual visits to your physician can help prevent more serious health issues down the road.



GET PHYSICAL

Find ways to get your heart pumping regularly, especially if you sit all day. Set reminders to get up every hour or so.



Get at least 2 1/2 hours of moderate physical activity every week for a stronger heart and better health⁵.

RELEASE THE STRESS

Make time for relaxation and activities you enjoy, such as meditation or a hobby.



CHECK YOUR BMI

Knowing your body mass index can help you set a healthy target weight and fitness goals.



A healthy BMI for adults age 20 and older ranges between 18.5 and 24.9⁴.

KICK THE HABIT

Quit using tobacco products. Almost 1/3 of deaths related to coronary heart disease are attributed to smoking and secondhand smoke⁶.



*Always consult your physician before committing to a diet or fitness routine.

¹ "Leading Causes of Death". Centers for Disease Control and Prevention. <https://bit.ly/2jp3nZT>

² "Heart Disease and Sudden Cardiac Death". WebMD. <https://wb.md/2SsKzPn>

³ "The Original Renewable Energy Source". Federal Occupational Health. <https://bit.ly/2SfFojH>

⁴ "About BMI". Centers for Disease Control and Prevention. <https://bit.ly/29L11WU>

⁵ "AHA Recommendations for Physical Activity in Adults and Kids". AHA. <https://bit.ly/2OR0jL>

⁶ "How Smoking and Nicotine Damage Your Body". American Heart Association. <https://bit.ly/2Ls4Wu>