



Your **Heart** is a muscle in your chest which pumps blood to your body through small tubes called **arteries**.

Heart Disease is a common cause of death. **Clogged Arteries** prevent the flow of blood and cause many health problems. But many heart problems are preventable.

Healthy Heart Habits



- Try to take brisk walks every day.
- Pay attention to how much salt (sodium) is in the foods you eat.
- Try to limit tobacco consumption, and consider quitting smoking.
- Try to limit your alcohol consumption. More than one drink every day can harm your heart.
- Be aware of your food choices, and try a bigger variety of foods.
- If possible, take up a fun active hobby, like biking or sports.

Signs of a Heart Attack ◆



- Chest pain
- Nausea
- Shortness of Breath
- Pain in Certain Body Parts:
Legs, Arms, Shoulder, Back, or Jaw

Call 911 and go to the Emergency Room if you think you are having a Heart Attack.