



Be Heart Smart *

'Move More' Tip of the Day

Movement is better in numbers– ask someone to join you or take your four-legged friend.

STOP HEART DISEASE BEFORE IT STARTS

CardioSmart
American College of Cardiology

Heart disease will affect **1 IN 2 ADULTS IN THE U.S.** Most of the time, **HEALTHY HABITS CAN PREVENT IT**

WHAT YOU CAN DO: BUILDING A STRONG FOUNDATION

- EAT HEART-HEALTHY**
- MOVE MORE**
- MAINTAIN A HEALTHY WEIGHT**
- AVOID TOBACCO**
- MANAGE CHOLESTEROL** (HDL, LDL, TG)
- MONITOR BLOOD PRESSURE**
- CONTROL DIABETES**

* Material provided is for informational purposes only. Please consult your medical professional for activity and diet advice for your individual health condition



THE OHIO STATE UNIVERSITY
EXTENSION

CFAES provides research and related educational programs to clients on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity.

OSU Extension Office-- Washington County
1115 Gilman Avenue, Marietta, OH 45750
740-376-7431