Ten heart-healthy steps you can take

1. Learn about the risks, signs and symptoms of heart disease, and share the information with your family, coworkers and community.

2. Know your numbers – cholesterol, blood pressure, blood sugar and waist size.

3. Adopt a heart-healthy lifestyle:
   > Get at least 150 minutes of physical activity each week
   > Follow a heart-healthy diet and manage your weight (visit www.choosemyplate.gov to get started)

4. Eat a diet lower in sodium.

5. Know the importance of calling 9-1-1 if you experience any of the warning signs or symptoms of a heart attack or stroke. Don’t ignore your symptoms, don’t delay, don’t ask a friend to drive you and don’t drive yourself.

6. Seek out reputable heart-health resources for women like The Heart Truth® campaign from the National Institutes of Health and the UC Davis Women’s Cardiovascular Medicine Program.

7. Stay informed – see our educational resources and downloadable materials.

8. Wear the red dress pin and spread its message: Heart Disease Doesn’t Care What you Wear – It’s the Number One Killer of Women®

9. Help fight heart disease by educating other women about its risk, participating in heart-disease education and prevention efforts, and getting involved.

10. Make a contribution – support women’s heart care and the UC Davis Women’s Cardiovascular Medicine Program.

A happy heart starts with a healthy heart!

In partnership with The Heart Truth®