



CARDIOVASCULAR DISEASE PREVENTION IS KEY

Preventative measures are always best! Protect your future, and the ones you love, by making heart health a top priority.

Simple Tips For Shifting to a Heart Healthy Lifestyle

- 1 START THE CONVERSATION WITH YOUR HEALTHCARE PROVIDER** and know where you stand. To get the most out of your medical visit, remember to communicate early, often, and honestly. Ask your doctor at your next visit about learning more about your omega-3 levels.
- 2 BE SURE TO INCLUDE A VARIETY** of fruits, vegetables, whole grains, and lean protein sources into your diet.
- 3 MAKE SURE PHYSICAL ACTIVITY IS A PART OF YOUR WEEKLY ROUTINE** with family and friends. Aim to be moderately physically active (e.g., brisk walking) at least 150 minutes per week or 30 minutes per day.
- 4 LIMIT ALCOHOL CONSUMPTION**—no more than five ounces of wine/day for women of all ages and men older than 65 and no more than 10 ounces of wine/day for younger men.
- 5 SMOKING CESSATION** is always the healthy choice.



DID YOU KNOW that eating seafood twice a week could help to improve your omega-3 levels and reduce your risk for cardiovascular disease? Just a simple shift in your eating pattern can put you on a positive path to improve your heart health. Include seafood in your diet at least twice a week (8 ounces per week for the general public and 8-12 ounces per week for pregnant and nursing moms).