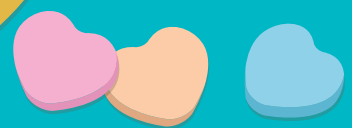
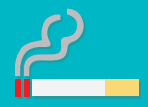


START A HEART TO HEART



3 risk factors for heart disease:



smoking



high LDL cholesterol



high blood pressure

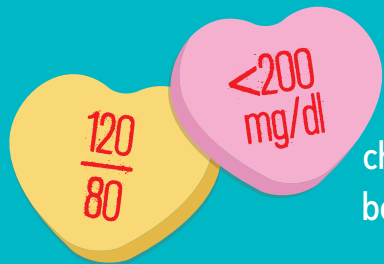


Eat more whole grains, fish, vegetables and fruits. Eat less sodium, added sugar and saturated fats.



47% of people have at least one of the three risk factors for heart disease.

Keep your blood pressure numbers below 120/80 mm HG.



Aim to keep your total cholesterol levels below 200 mg/dl.



Talk to your doctor about adding a cardiologist to your health team.

Check out the Live Healthy section of www.SouthCarolinaBlues.com.

