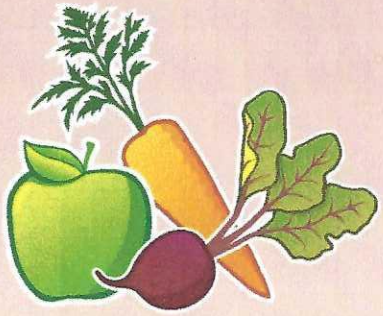
HEART HEALTH

OBJECTIVE 5

STEPS TOWARDS A HEART-HEALTHY LIFE

STOP SMOKING
and avoid secondhand smoke



EAT HEALTHIER

GET MOVING

TAKE MEDICATIONS AS PRESCRIBED

	Total Cholesterol mg/dl	Blood Pressure mm Hg
NORMAL	Under 20	Under 120/80
BORDERLINE	200 to 239	120/80 to 139/89
HIGH	Over 239	Over 139/89

KNOW YOUR NUMBERS

REDUCE STRESS

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