

HEART HEALTH MONTH



Heart disease is the leading cause of death for American Indians and Alaska Natives.

TIPS FOR A HEALTHY HEART:

- **Get daily exercise**
- **Choose healthy foods**
- **Keep a healthy weight**
- **Check blood sugar**
- **Know your cholesterol**
- **Avoid commercial tobacco**
- **Manage your blood pressure**



**For more information
visit: bit.ly/4gnwK0l**

