CARDIOVASCULAR HEALTH

What it is

Cardiovascular health refers to the health of your heart and blood vessels. Good cardiovascular health means a lower risk of heart disease, stroke, and high blood pressure.

Why it matters

Heart problems are the number one cause of death globally, but you can usually prevent them with some simple healthy lifestyle changes.



Healthy Tips

- Eat a heart-healthy diet with fruits, vegetables, lean protein, whole grains, and healthy fats (ex. olive oil, nuts)
- Stay active, aim for about 3 hours of activity each week
- Quit or reduce smoking
- Monitor your health with regular check-ups
- Aim for 7-9 hours of sleep each night

Warning Signs

- Chest pain or discomfort
- Shortness of breath
- Unusual fatigue
- Dizziness or fainting
- Pain in the jaw, neck, back, or arms

When to call 911

If you notice any of these signs, call 911 right away.
Quick action can save a life and reduce permanent damage.
If the person's heart stops, start CPR immediately.

For more information and resources visit our website:

www.wellbadger.org

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