

# Your heart works hard for you-

## *Make sure you work hard for it!*

“Nearly 80% of heart disease and stroke events are preventable with lifestyle changes.”

The most common, treatable lifestyle behaviors that can help reduce stroke and heart disease risk:

- Healthy nutrition, Limit salt (sodium)
- Limit sugar
- Drink alcohol in moderation
- Regular physical activity
- Avoid tobacco
- Healthy sleep and weight
- Control Cholesterol
- Managing blood pressure and blood sugar
- Keep routine health screenings

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The Mount Olive Health Department

## February is Heart Health Month!



**Public Health**  
Prevent. Promote. Protect.

The Township of Mount Olive  
Health Department

