

THE FOLLOWING LIFESTYLE CHANGES CAN HELP
WOMEN LOWER THEIR RISK FOR HEART DISEASE

A WOMAN'S GUIDE TO BEATING HEART DISEASE

 **Franciscan HEALTH**



By losing weight, you'll
LOWER YOUR
CHOLESTEROL and
BLOOD PRESSURE

QUIT

SMOKING

Smokers
have more than
2Xs
THE RISK
FOR HEART ATTACK
than do nonsmokers

STRIVE FOR AT LEAST
30 MINUTES
of moderate-to-vigorous
PHYSICAL ACTIVITY
5 DAYS A WEEK



CHANGE
YOUR
FATS



AVOID BUTTER
and other **SATURATED FATS**

A MODERATELY ACTIVE
WOMAN SHOULD EAT AT
LEAST **3 CUPS** OF
VEGETABLES
and **2 CUPS OF FRUITS** daily



EAT YOUR
FRUITS AND
VEGGIES

Adults should have
6 TO 9 OUNCES
OF GRAINS PER DAY



FIBER UP

ALCOHOL IN MODERATION

LIMIT ALCOHOL to no more
than **1 DRINK PER DAY**

That's equivalent to 12 ounces
of beer, 4 to 5 ounces of wine, or
1-1/2 ounces of 80-proof spirits

