Heart disease is the most common cause of death in the United States. Fortunately, most of the risk factors for heart disease are behavioral and can be managed through lifestyle changes.

1. **DON’T SMOKE**
   Smoking is the most important preventable cause of heart disease. Smoking increases the risk of coronary disease by accelerating the build-up of fatty acids in the arteries.

2. **STAY ACTIVE**
   The American College of Sports Medicine recommends 150 minutes of moderate intensity activity (i.e. brisk walking) a week or 75 minutes of vigorous intensity activity (i.e. jogging) a week as “minimum” requirements to help prevent heart disease.

3. **EAT WELL**
   The American Heart Association states, “A healthy diet and lifestyle are your best weapons in the fight against heart disease”. A diet that includes fruits and vegetables, fish, fiber-rich foods, nuts, legumes, seeds and low sodium foods help with many factors relating to heart disease.

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