

How does your heart rate?

Find out by assessing your lifestyle

Healthy lifestyles play a big part in reducing your risk of heart disease. Ask yourself these questions to evaluate your lifestyle:

- Do I smoke, and if so, how do I stop?
- What eating habits do I need to change?
- Am I including physical activity in my daily routine?
- How can I be more relaxed?
- Do I need medication to reduce my heart attack risk?



With the right answers,
a healthier lifestyle is
only a heartbeat away.



**BlueCross BlueShield
of Illinois**

Source: American Heart Association

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