

# GUESS WHAT ALL THAT FAT IS DOING TO YOUR ARTERIES



*You guessed it. And it's not good. Saturated and trans fats raise the level of cholesterol in your blood. Cholesterol builds plaque in your artery walls. It's harder for your arteries to deliver blood to your heart, and you know what happens when your heart doesn't receive or pump enough blood. You could die . . . permanently.*



## Let's get to the heart of the matter.

- Being overweight is a major risk factor for coronary heart disease, which can lead to heart attack and death. Even when there are no other known risk factors, relatively few extra pounds increases the risk of heart disease.
- An inactive lifestyle is a high risk factor for heart disease.
- People who are sedentary are almost twice as likely to suffer heart attacks as are people who are active.
- More than 65 percent of deaths in diabetes patients are attributed to heart and vascular disease.
- Obesity actually raises blood cholesterol levels, and lowers the level of HDL (your good cholesterol).



## But, take heart!



## February is American Heart Month

- Modest improvements in your diet can cut your risk for heart disease in half.
- Physical activity can help control blood cholesterol, diabetes and obesity, as well as help lower blood pressure.
- Americans can lower their risk of heart disease by as much as 82 percent just by leading a healthy lifestyle.



Your best friend in the whole world (your ❤️) is about the size of your fist! So, have a heart. Take care of the little guy—and he'll take care of you.

