



# 4 Ways to Keep Your Heart Healthy

Heart disease is the leading cause of death in the U.S. Here's how to reduce your risk.



1

Get at least 150 minutes of physical activity per week.

Ideally, this is a combination of aerobic exercise (walking or biking) and mild-to-moderate strength training.

2

Practice stress-reducing activities.

Studies suggest daily meditation significantly reduces stress.

3

Get your blood pressure and cholesterol levels checked regularly.

Your Annual Wellness Visit is a great place to start.

4

Act early, and don't ignore any signs.

Aside from chest pain, if you feel unusual fatigue or have trouble catching your breath after climbing the stairs, talk to your doctor.



Scan the QR code to create your Galileo account

Use access code: **seqbundle**

