



Take Action!

Check the steps you will take for a healthy heart:

- Learn about the risk factors for heart disease.
- Eat heart healthy foods.
- Be physically active on most days of the week.
- Learn the symptoms of a heart attack.
- Have your blood pressure, blood cholesterol, and blood glucose (blood sugar) checked.
- Have your weight and waist measured.
- Ask your family and your doctor for help to change your health habits. If your community has *promotores*, seek their support.

