Every Step You Take Leads to Better Heart Health

Some risk factors for heart disease are higher in the African American community.

Not getting enough physical activity or being at a healthy weight **increases your risk of heart disease**.

About **one-third of adult African American women** do not get enough physical activity.

Almost **7 in 10 African American men** 20 and older are overweight.

Together, we can change that!

Join efforts with friends and family to be more active together. Set goals for maintaining a healthy weight. Small lifestyle changes can make a big difference.

As a community, we can encourage each other to prevent heart disease.

NIH National Heart, Lung, and Blood Institute

THE heart TRUTH

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