Did you know?

More than $286 billion was spent in 2009 on heart-disease-related costs such as wages, lost productivity and disease management. These expenditures can be decreased by following five medication-free strategies that help prevent heart disease.

The five medication-free strategies are:

1. **Get regular health screenings.** High blood pressure, high cholesterol and diabetes are often silent diseases that can damage your heart and blood vessels. Regular screenings let you know when to take action to help prevent disease development.

2. **Get active.** Exercising at least 30 minutes most days of the week can help reduce your risk of heart disease.

3. **Eat a heart-healthy diet.** Eat lots of whole grains, fresh fruits and vegetables and foods with omega-3 fatty acids. Limit foods with saturated fats and trans fats.

4. **Maintain a healthy weight.** Keep your waist circumference in a heart-healthy range, less than 35 inches for women and less than 40 inches for men. Maintain a body mass index less than 25.

5. **Stop smoking or using tobacco.** Chemicals in tobacco make the heart and lungs work harder by causing the blood vessels to narrow, increasing blood pressure and heart rates.

Get your free heart score at: [www.heart.org/mylifecheck](http://www.heart.org/mylifecheck). For more information and heart-healthy recipes, check out: [www.americanheart.org](http://www.americanheart.org) and [www.liveamorecolorfullife.org](http://www.liveamorecolorfullife.org).