

Bad Cholesterol/Good Cholesterol

High cholesterol increases
4 times the risk
of getting a heart attack

It works this way: Bad cholesterol (LDL) carries fats into the artery wall; good cholesterol (HDL) carts it away.

An inactive lifestyle and fatty diet increases LDL and lower HDL.

**Exercise and a healthy diet
switch that ratio and keeps
arteries clear**

DIABETES

Diabetes is especially deadly for women, it increases 4 times their risk for a heart attack.

Men are not much better off; it doubles their risk.

Like smoking, diabetes causes platelets to stick together, resulting in scores of tiny clots.

These clots clog the microscopic blood vessels that feed nerves and arteries, which is a key reason diabetes destroys circulation.

Diabetes also raises the level of harmful fats in the blood.

Exercise and a Healthy Diet Prevents Diabetes

PYSCHOSOCIAL STRESS

**Stressful life events,
behavioral disorders and depression
nearly triples heart attack risk.**

**Depressed people with heart disease
are 4 times more likely to have
a heart attack or die,
and depression is prevalent among
20% of people with
heart disease in the USA.**

**Exercise, Laughter, and a
Healthy Diet Reduces Stress**

ABDOMINAL OBESITY

**Abdominal obesity more than doubles
heart attack risk
in men and women.**

**“It’s not the big butt that will get you in
trouble; it’s a big belly.”**

**Abdominal fat is hormonally active
begetting diabetes, high blood pressure
and high cholesterol**

**Exercise and a Healthy Diet
Prevents Obesity**

HIGH BLOOD PRESSURE

High blood pressure nearly triples a man's risk of having a heart attack and more than doubles a woman's risk.

Narrowed blood vessels force the heart to work harder, slowly wearing it out.

The blood's friction against artery walls also can promote the rupture of plaques, which can lead to a heart attack.

Exercise and a Healthy Diet lowers high blood pressure

SMOKING

Smokers are 2 to 3 times more likely to have a heart attack than people who do not smoke.

Cigarette smoke damages the artery wall, paving the way for inflammation and cholesterol build up.

It narrows arteries. It also activates platelets, sticky cells that cling together and promote clotting.

When cholesterol deposits burst inside arteries, clots form. If a clot tears loose – “boom” heart attack.

DO NOT SMOKE!

**Exercise and
eat a healthy diet**

ALCOHOL

**Another Platelet Blocker
is too much beer or hard liquor,
more than a drink a day can
promote heart disease,
cancer, and alcoholism.**

DO NOT ABUSE ALCOHOL!

**Exercise, eat a healthy
diet and drink lots of
water.**

EXERCISE

**Moderate exercise reduces
a man's heart risk by 23%
and a woman's by twice that amount.**

**“We are not talking about marathons.
A nice walk is all you need to do.”**

**Exercise improves cholesterol,
staves off diabetes by
improving blood sugar
and promoting blood vessel growth.**

**Exercise and
eat a healthy diet**

EATING FRUITS AND VEGETABLES

**Eating fruits and vegetables daily cuts
heart risk by 30% to 40%.**

**They lower bad cholesterol,
improve blood sugar and replace foods
that might not be as healthy.**

**Exercise and
eat your fruits & vegetables.**