How to Prevent Heart Disease

Heart disease is a major cause of death in the U.S., but many risks are preventable.

- Eat healthy foods
- Stay active (150 minutes a week)
- Quit smoking
- Limit alcohol
- Manage stress
- Get 7–9 hours of sleep
- Keep an eye on your blood pressure, cholesterol, and blood sugar with regular check-ups.

These habits can significantly lower your risk of heart disease.

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https://medlineplus.gov/howtopreventheartdisease.html#summary

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