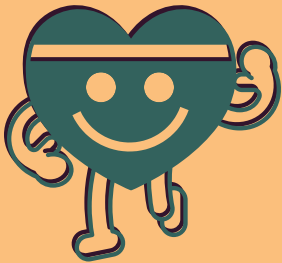


# CPR & Heart Health

Heart disease is the leading cause of death in the United States. Adjusting your diet and exercise habits are great ways to take care of your heart.



## Make movement part of your daily routine



- Take the stairs instead of the elevator
- Park farther away from building entrances
- Stand or walk when talking on the phone
- Take a walk during lunch break
- Use a stability ball as a desk chair
- Set a timer to remind you to stand and stretch during the day



## Improve your diet



- Control your portion size
- Eat more vegetables and fruits
- Select whole grains
- Limit unhealthy fats
- Choose low-fat protein sources
- Limit or reduce salt (sodium)
- Limit alcohol
- Plan ahead: Create daily menus



## In the event of a heart attack:



- Dial 9-1-1
- Chew or swallow an aspirin
- Take Nitroglycerin (if prescribed)
- If the heart attack leads to cardiac arrest, start CPR (if certified)

### Signs of Cardiac Arrest:

- Collapse
- Unconscious
- Not breathing
- No pulse

