

# Heart Disease Awareness



February 2016

#1 Killer



of women in the U.S.

American Indians die from heart diseases at younger ages than other racial and ethnic groups in the U.S.

Heart Disease causes 1 in 3 deaths in women each year



That's one woman every minute



Heart disease can have no symptoms. Check in with your doctor and have routine physicals



## Exercise Well

Manage your weight. Choose activities that you will enjoy doing such as hiking, gardening, or traditional dancing. You can do anything physical that keeps your heart rate up for 30 minutes 5 days a week. If you don't have time for a whole workout, try doing spouts of exercise for just 10 mins a few times throughout the day.



## Eat Well

Eat foods that will fuel your body by eating more fiber through fruits, vegetables, and whole grains and drinking plenty of water. Try to limit processed/packaged foods which are loaded with salt, cut down on fried foods such as fry bread, red meats such as mutton, as well as lard and cheeses.



## Live Well

Try to adopt healthy habits that help manage stress such as smudging or exercise. Make sure you get enough sleep each night. When you're asleep, your heart rate and blood pressure go down. That gives your heart a much needed break. Avoid smoking and limit alcohol intake.



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