



OneLegacy

saving lives through organ, eye & tissue donation

# All About Heart Health

**Heart Health**  
is the overall well  
being of your heart.



**Heart – Healthy living**  
involves understanding  
your risk factors, making  
healthy choices, and  
taking steps to reduce your  
chances of getting heart disease

## Blood Pressure Levels

Healthy blood pressure	less than 120/80 mm Hg
High blood pressure	130/80 mm Hg or higher

## Cardiovascular Disease

is all types of diseases that affect the heart or blood vessels, including coronary heart disease, which can cause heart attacks, stroke, heart failure, and peripheral artery disease.



## Ways to Protect your Heart

- Reduce sodium intake
- Be physically active
- Maintain a healthy weight
- Don't smoke
- Manage stress
- Practice self-care

