



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

