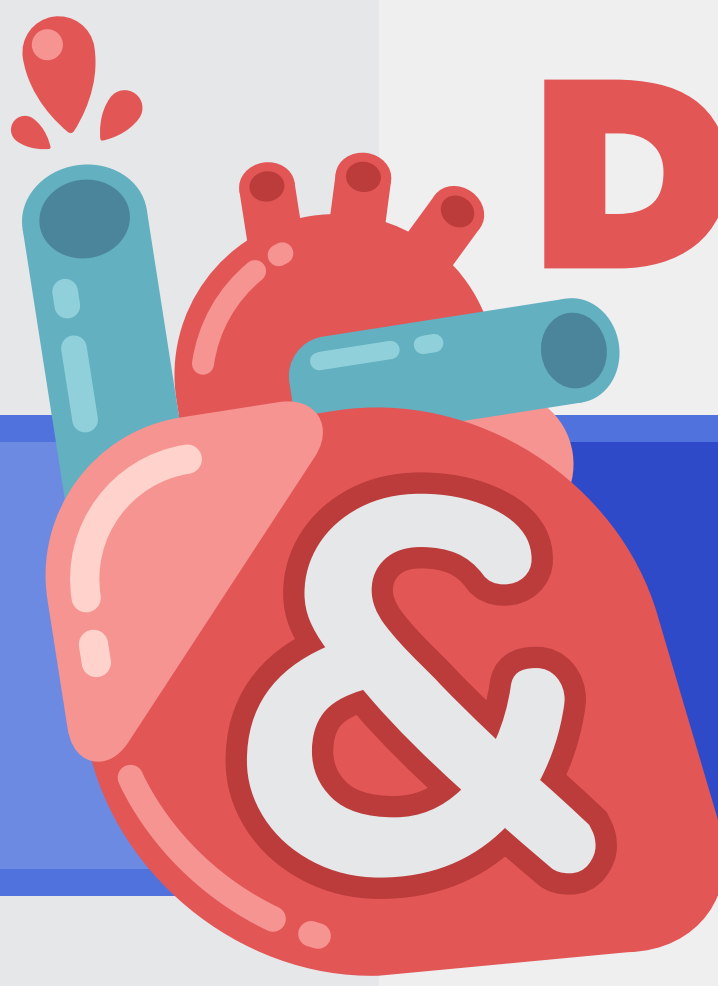



HEART DISEASE

MYTHS & FACTS




Heart disease doesn't affect people who are fit.

Even if you exercise regularly, **your risk of heart disease isn't completely eliminated.** Factors like cholesterol, eating habits, and smoking can counterbalance your other healthy habits.




Heart disease runs in my family, so there's nothing I can do about it.

Although people with a family history of heart disease are at higher risk than others, **creating an action plan to keep your heart healthy** can dramatically reduce your likelihood of developing the disease.



Having heart disease means my heart can't handle exercise.

Exercise is especially beneficial for people with heart disease, as it can strengthen your heart and lower your blood pressure and cholesterol levels. Speak with your doctor about the appropriate types of exercise for you.



I'll know if I have high blood pressure because I'll experience symptoms.

People with high blood pressure typically experience no symptoms. Test your blood pressure regularly, and maintain healthy habits to keep your blood pressure within the normal range.



I'm too young to have heart disease.

Middle-aged people and even young adults can develop heart disease. **It's never too early to adopt healthy practices** like eating a balanced diet and exercising. The American Heart Association recommends getting your cholesterol tested every five years starting at age 20.

