

# STOP & THINK...

Do you:

- ... Eat healthy?
- ... Exercise regularly?
- ... Have good total cholesterol ( $\leq 200$ )?
- ... Have good blood pressure ( $\leq 120/80$ )?
- ... Have a family history of heart disease?

If you said no to most of these you could be at risk for heart disease. If you think you are at risk, see a health professional.

February is American Heart Association Month