



A MINUTE OF HEALTH WITH CDC

Keep it Ticking

American Heart Month — February 2017

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Heart disease is the number one killer in the U.S., accounting for one in four deaths each year. Many of these deaths could have been prevented through simple lifestyle changes. Some people have obesity which contributes to conditions that lead to heart problems, such as high blood pressure and diabetes. Others engage in harmful behaviors, such as smoking, eating an unhealthy diet, or not exercising regularly.

To help prevent heart disease, control your weight by consuming a diet high in fruits and vegetables and low in fat and sodium, and be physically active. Regular checkups are important for identifying heart problems early.

Thank you for joining us on a *Minute of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.