A MINUTE OF HEALTH WITH CDC

Heart Check

World Heart Day — September 29, 2015
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[Announcer] *This program is presented by the Centers for Disease Control and Prevention.*

Heart disease is the leading cause of death worldwide, and in the U.S., it's related to one in four deaths. Smoking, a sedentary lifestyle, and poor eating habits can increase your risk for a heart attack or stroke. Simple changes can help maintain a healthy heart. If you smoke, quit. If you don't smoke, don't start. Exercise regularly and eat a healthy diet that includes plenty of fruits and vegetables and foods low in saturated fat and sodium. Cardiovascular disease often occurs without warning signs, so regular checkups are important to detect problems before they become life-threatening.

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.*