

# SUNDAY MORNING Health Corner

## Reducing Your Risk of Cardiovascular Disease

We're focusing on **heart health and the steps you can take to prevent heart disease.**

Cardiovascular disease is one of the leading causes of death in the U.S., and it disproportionately affects African Americans.

The **good news** is that simple lifestyle changes can make a big difference in reducing your risk.

### Steps to Prevent Heart Disease

1. Adopt a heart-healthy diet
2. Move your body regularly
3. Manage stress effectively
4. Track key health metrics
5. Quit smoking and limit alcohol

Start with building **one habit to focus on:**

- Add more vegetables to your meals.
- Take a daily walk.
- Schedule a check-up with your doctor.

**Taking proactive steps** now can reduce the impact of these risk factors and ensure a healthier future for ourselves and our families. Small changes today can lead to a brighter, healthier tomorrow.



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