

While we’re paying attention to matters of the heart this month, show yourself some love by making sure you’re doing all you can to keep your heart healthy. Here are a few reminders from the American Heart Association (AHA):

- Participate in 30 minutes (or more) of moderate-intensity aerobic activity on at least five days per week, or 25-plus minutes of vigorous aerobic activity at least three days per week.
- Eat a balanced diet that consists of a variety of fruits and vegetables, beans, whole grains, low-fat dairy products, lean protein, nuts and legumes.
- Limit your consumption of saturated and trans fats, salty food, red meat and sugar.
- Stay up to date on the recommended cardiovascular screening tests, most of which begin at age 20.

Here’s a quick look at the most common screenings and when you need them:

**Blood pressure**—Starting at age 20, have your blood pressure checked at least once every two years or at each regular checkup.

**Fasting lipid (cholesterol) profile**—Starting at age 20, get your HDL, LDL and triglyceride levels checked every four to six years, more often if you have either a family history of heart disease and stroke, or a personal history of diabetes, hypertension or obesity.

**Blood glucose**—Starting at age 45, have your blood glucose checked at least every three years.

The frequency of your tests will depend on your individual risks.

Are your screenings up to date?



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