



# Heart disease

from Centers for Disease Control and Prevention

## Heart disease is a very serious health challenge for both men and women, but can be dealt with and even prevented by:

- Eating lots of fruits and vegetables and foods low in salt, fat and cholesterol.
- Staying active! Walk for 30 minutes, 5 days a week.
- Not smoking. If you smoke, try to quit as soon as possible.

For more information, visit [www.cdc.gov/heart-disease/](http://www.cdc.gov/heart-disease/) or scan the QR code



Humana Healthy Horizons in Indiana is a Medicaid Product of Arcadian Health Plan, Inc.  
INHMB67EN

**Humana**  
Healthy Horizons<sup>SM</sup>  
in Indiana

