

# Your Choices Today Can Make Your Tomorrow Healthier

**Good News : Heart attacks are preventable**

**AVOID HEART ATTACK BY CONTROLLING YOUR RISK FACTORS**



**CONTROL  
YOUR  
BLOOD  
PRESSURE**

**REDUCE  
BLOOD  
SUGAR**

**REDUCE  
WEIGHT**

**STOP  
SMOKING**

**LIMIT  
YOUR  
ALCOHOL  
INTAKE**

**EAT  
HEALTHY  
FOODS  
REDUCE  
YOUR  
SALT**

**BE  
PHYSICALLY  
& SOCIALLY  
ACTIVE**

**TAKE YOUR  
MEDICINES  
REGULARLY**

**GET REGULAR CHECKUPS**