



Share the Wellness Tip

February 22, 2013

Owner of a Healthy Heart



Cardiovascular disease claims the lives of more than 400,000 American women each year and is the number one killer of women. But healthy living can make a difference. These four healthy habits for women can help:

- Don't Smoke.
- Maintain a Healthy weight.
- Exercise at least 30 minutes a day at a moderate or high intensity.
- Eat a healthy diet, including fruits, vegetables, whole grains, and fish.

Each action reduces a woman's risk of sudden death, says the study, published in the *Journal of the American Medical Association*. Done altogether, they slash the threat by as much as 92 percent.

For more information and resources on heart disease and prevention visit the [American Heart Association](#)

Sources: [Journal of the American Medical Association, Vol. 306, no. 1](#); [American Heart Association](#)



"Sometimes it's good to change your walking routine. Try walking around the block instead of wandering around the kitchen."