



## Ten heart-healthy steps

- 1 Learn about the risks, signs and symptoms of heart disease, and share the information with your family, coworkers and community.
- 2 Know your numbers – cholesterol, blood pressure, blood sugar, blood fat, BMI and waist size.
- 3 Adopt a heart-healthy lifestyle:
  - > Get at least 150 minutes of physical activity each week
  - > Follow a heart-healthy diet and manage your weight (visit [choosemyplate.gov](http://choosemyplate.gov) to get started)
- 4 Eat a diet lower in sodium.
- 5 Know the importance of calling 911 if you experience any of the warning signs or symptoms of a heart attack or stroke. Don't ignore your symptoms, don't delay, don't ask a friend to drive you and don't drive yourself.
- 6 Seek out reputable heart-health resources for women like the UC Davis Women's Cardiovascular Medicine Program and *The Heart Truth*® campaign from the National Institutes of Health.
- 7 Stay informed – see our educational resources and downloadable materials.
- 8 Wear *The Red Dress*® pin and spread its message: Heart Disease Doesn't Care What you Wear – It's the Number One Killer of Women®
- 9 Help fight heart disease by educating other women about its risk and by participating in heart-disease education and prevention efforts.
- 10 Make a contribution to the UC Davis Women's Cardiovascular Medicine Program and support heart care, education and research that benefit women in our region and beyond.

*Women's Cardiovascular  
Medicine Program –  
caring for your heart*

For more information,  
call 530-752-0718 or visit  
[womenshearthealth.ucdavis.edu](http://womenshearthealth.ucdavis.edu)

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