



A MINUTE OF HEALTH WITH CDC

Healthy Hearts

World Heart Day --- September 29, 2014

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Heart disease is among the leading causes of death worldwide. Combined with stroke, it accounts for nearly one in three deaths. Improving heart health could save millions of lives each year.

Most people develop heart disease because of behaviors, such as smoking, lack of exercise, and an unhealthy diet. To decrease *your* chances of developing heart disease, get at least 30 minutes of moderate exercise most days of the week; limit the amount of sodium, saturated fat, and trans fat you eat; and if you smoke, quit; if you don't, don't start. Get regular checkups to detect problems early.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.