



HOFFMAN BROWN COMPANY

INSURANCE

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SAFETY NOTES



Heart Healthy Lifestyle

Better lifestyle habits can help you reduce your risk for heart attack. Learn what you can do to help prevent heart disease and stroke.

■ You Are What You Eat

Better food habits can help you reduce your risk for heart attack. A healthful eating plan means choosing the right foods to eat and preparing foods in a healthy way.

■ It's Not Just a Man's Disease

Heart disease is far and away the leading cause of death of American women, but you can do a lot to help protect yourself and women from it.

■ Exercise & Fitness

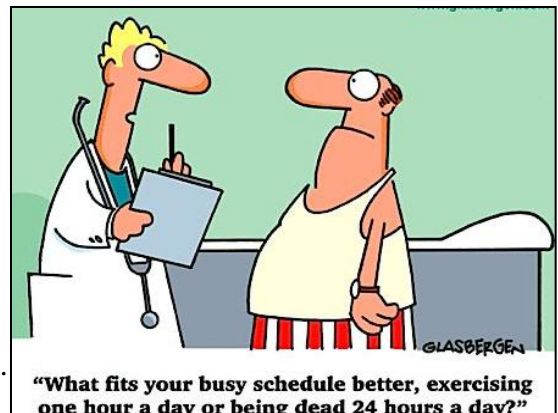
Swimming, cycling, jogging, skiing, dancing, walking and dozens of other activities can help your heart. Whether it is included in a structured exercise program or just part of your daily routine, all physical activity adds up to a healthier heart.

■ Stop Smoking

Cigarette smoking is the most preventable cause of premature death in the United States. It accounts for nearly 440,000 deaths each year, of which more than 135,000 are due to smoking related cardiovascular diseases. Cigarette smokers are two to three times more likely to die from coronary heart disease than nonsmokers. Your heart will thank you for quitting smoking, so don't waste any time. The health benefits start almost immediately, and within a few years of quitting your risk of stroke and coronary artery disease are similar to non-smokers. Stop smoking!

■ Cholesterol Low Down

Knowing the facts about cholesterol can reduce your risk for a heart attack or stroke. But understanding what cholesterol is and how it affects your health are only the beginning



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"



Helpful Tip-

To keep your cholesterol under control:

- Schedule a screening
- Eat foods low in cholesterol and saturated fat and free of *trans* fat
- Maintain a healthy weight
- Be physically active
- Follow your healthcare professional's advice



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