May is National Blood Pressure Month

1 in 3 deaths in the United States is due to heart disease

Know your ABCS:
- Appropriate Aspirin Therapy
- Blood Pressure Control
- Cholesterol Management
- Smoking Cessation

GET UP and GET ACTIVE, STAY STRONG by eating heart-healthy diet, PREVENT heart disease and stroke by UNDERSTANDING the risks and TAKE CONTROL of your health by following your Provider’s instructions

LET’S MOVE!

Lets Move is dedicated to solving the problem of childhood obesity

Encourage kids to eat healthier and move more!

Children need 60 minutes of activity per day

Serve Fruit and Veggies at every meal

Substitute water or low fat milk for sweetened beverages

Eat meals as a family

www.LetsMove.gov