

How to prevent heart attacks?



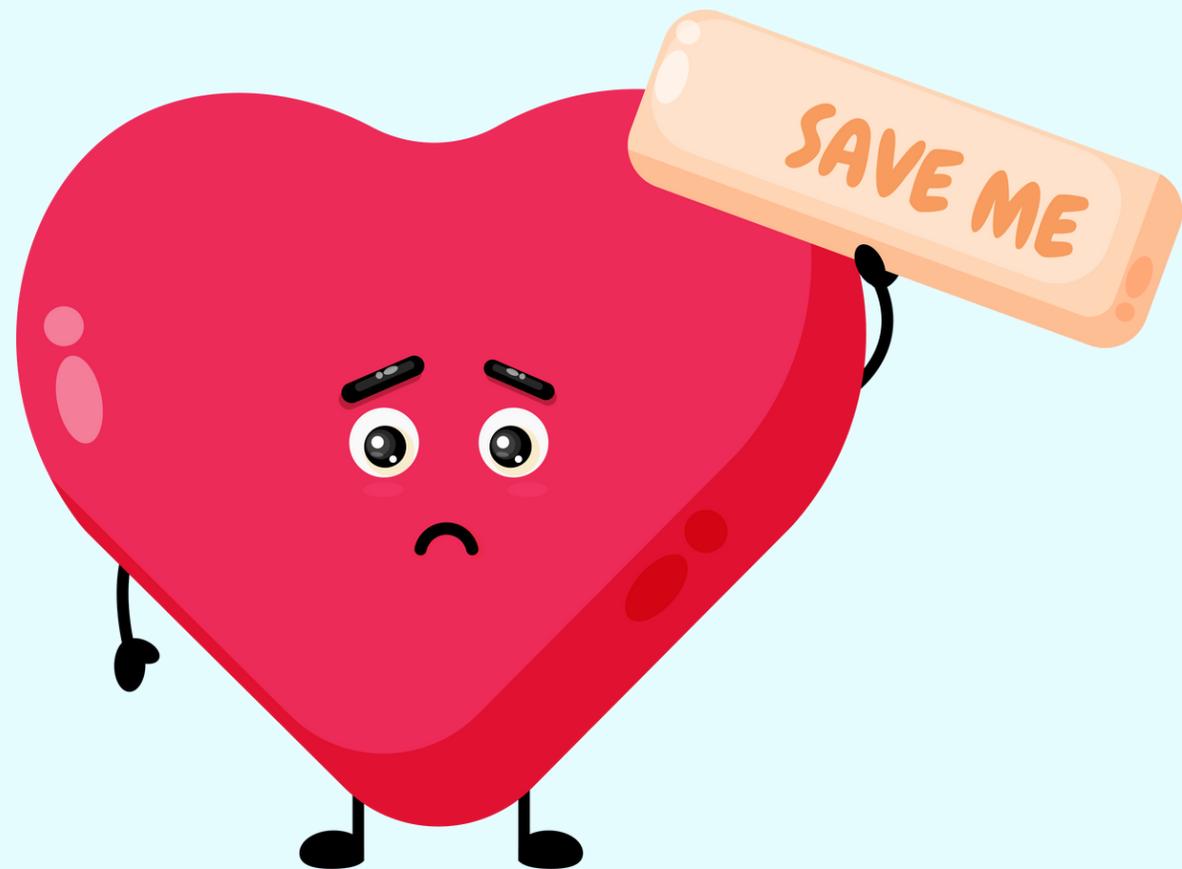
What to do

-  **Eat fruits, veggies, legumes, nuts & lean meats**
-  **Get 7-9 hours of quality sleep**
-  **Engage in 30-60 mins of exercise daily**
-  **Check family history for heart attacks**
-  **Schedule regular check-ups**



What to **avoid**

-  **Eating processed meat, refined carbs, and salty foods**
-  **Alcohol consumption**
-  **Smoking**
-  **Being overweight**
-  **Taking unnecessary supplements**
-  **A sedentary lifestyle**

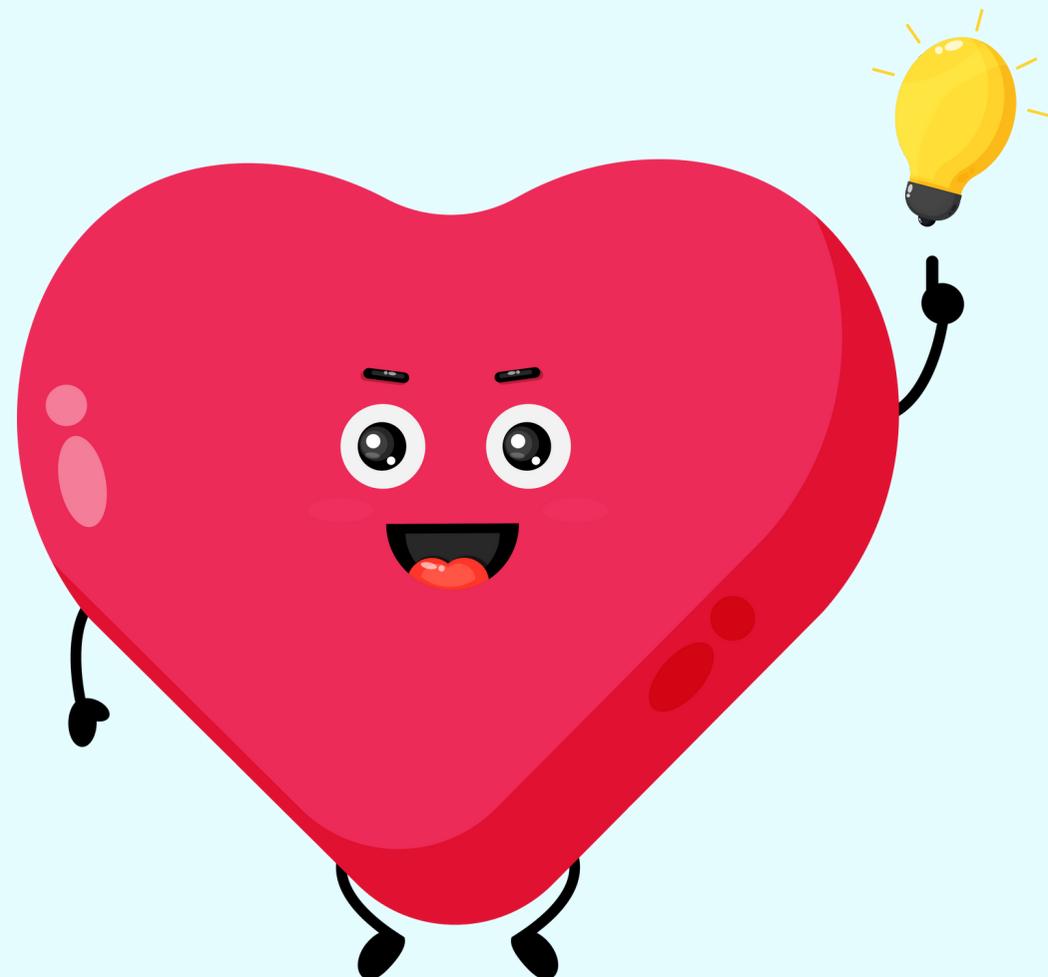


What to manage

 **High blood pressure**

 **High cholesterol**

 **Diabetes or high blood sugar**



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