

# How does your heart rate?

## Find out by assessing your lifestyle

Healthy lifestyles play a big part in reducing your risk of heart disease. Ask yourself these questions to evaluate your lifestyle:

- Do I smoke, and if so, how do I stop?
- What eating habits do I need to change?
- Am I including physical activity in my daily routine?
- How can I be more relaxed?
- Do I need medication to reduce my heart attack risk?

With the right answers,  
a healthier lifestyle is  
only a heartbeat away.



**BlueCross BlueShield  
of Illinois**

Source: American Heart Association

41880.0515