Heart Disease is the # 1 Cause of Deaths in the United States. The good news is many of these deaths and the risk factors for heart disease are preventable. Here are some steps you can take:

1. If you smoke, quit.
2. Exercise at least 3 times per week for 30 minutes. Choose aerobic exercises for best results. (Check with your Dr. before starting an exercise   program.)
3. If you are not at your ideal weight, lose weight and to reach your ideal weight. (Check with your Dr. before starting a weight loss program.)
4. Limit unhealthy fats and cholesterol such as butter, shortening, bacon grease, gravy, and hydrogenated oils.
5. Choose low-