

LIFE'S ESSENTIAL 8™

Heart disease and stroke are leading causes of death, with a heart attack happening every 40 seconds in the U.S.

The good news? Many risks are preventable. The American Heart Association's Life's Essential 8 highlights key measures to improve and maintain cardiovascular health. By focusing on these eight simple steps, you can lower your risk of heart disease, stroke, and other major health problems—helping you live a longer, healthier life.

EAT BETTER

Eating well helps lower cholesterol, blood pressure, and inflammation, all of which are essential for protecting your heart. Choose a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.

BE MORE ACTIVE

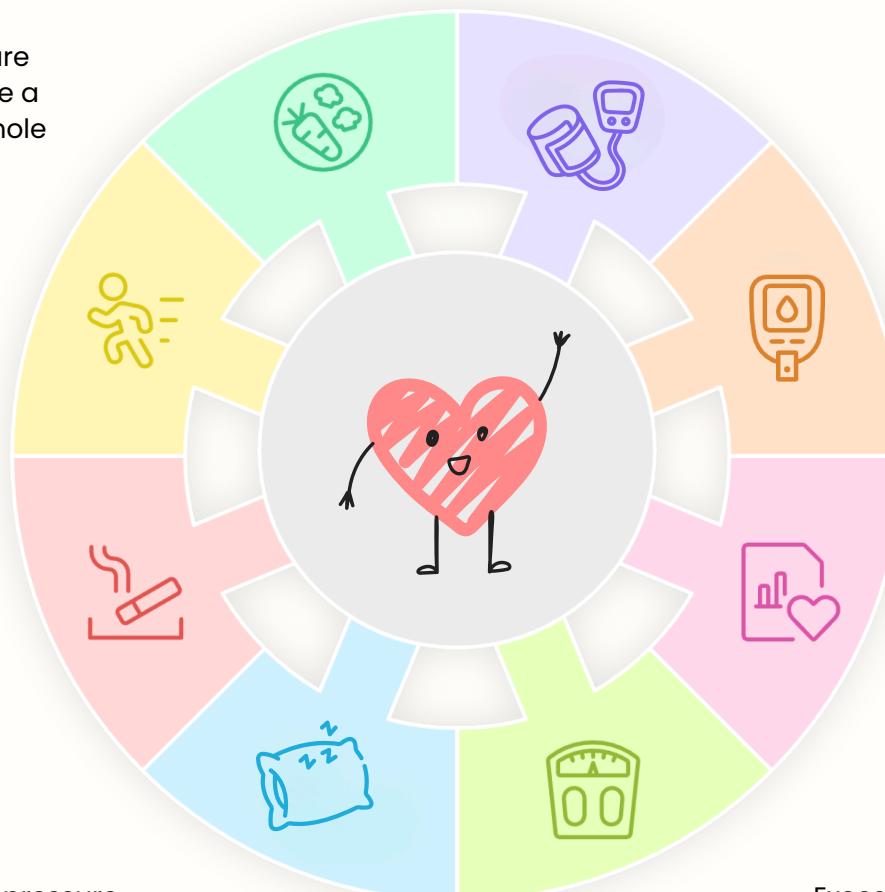
Regular activity strengthens your heart, improves circulation, and supports healthy weight. Aim for daily movement through walking, exercise, or other physical activity.

QUIT TOBACCO

Tobacco damages blood vessels and increases your risk of heart attacks, stroke, and other diseases. Avoid smoking or using other tobacco products.

GET HEALTHY SLEEP

Proper sleep reduces stress, lowers blood pressure, and supports overall heart and metabolic health. You'll want to aim for 7–9 hours of quality sleep each night.



MANAGE BLOOD PRESSURE

Healthy blood pressure reduces strain on your heart and arteries. Maintain a healthy range through lifestyle changes and medical care, as needed.

MANAGE BLOOD SUGAR

Controlling blood sugar prevents damage to blood vessels and lowers the risk of diabetes. Be sure to monitor and maintain healthy blood glucose levels.

CONTROL CHOLESTEROL

Healthy cholesterol reduces plaque buildup in arteries, lowering the risk of heart attack and stroke. Keep your cholesterol levels in a healthy range through diet & exercise.

MANAGE WEIGHT

Excess weight increases strain on your heart and raises your risk for diabetes, high blood pressure, and heart disease. Maintain a healthy body weight through a balanced diet and activity.