

How Heart-Healthy Are You?

- Do you eat a diet rich in fruits, vegetables, and whole grains?
- Do you exercise for at least 30 minutes a day?
- Have you quit smoking or avoided starting?
- Do you manage stress with techniques like meditation or yoga?
- Do you regularly monitor your blood pressure and cholesterol levels?
- Do you maintain a healthy weight?
- Do you avoid alcohol as per WHO guidelines?
- Do you prioritize getting 7-9 hours of quality sleep daily?
- Are you aware of your key health numbers (cholesterol, blood sugar)?
- Do you maintain strong social connections with friends and family?

Scoring System:

8-10 Points: You are a heart-health hero!

5-7 Points: Good start, but there is room for improvement.

Below 5 Points: Time to take action - your heart will thank you!