



Let's put our **Hearts** into it!

Lower your risk of heart disease and stroke

Aboriginal People are more likely to have high blood pressure and diabetes, and as a result, are at greater risk of heart disease and stroke than the general population.

You can lower your risk by:

- Eating a healthy diet
- Being physically active
- Achieving a healthy weight
- Quitting smoking
- Knowing and managing your blood pressure
- Knowing and managing your diabetes

Talk to your healthcare provider to see how you can lower your risk of heart disease and stroke.

Or contact the Heart and Stroke Foundation at:

1-888-HSF-INFO (1-888-473-4636)

www.heartandstroke.ca/Aboriginal

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**HEART &
STROKE
FOUNDATION**

Finding answers. For life.