

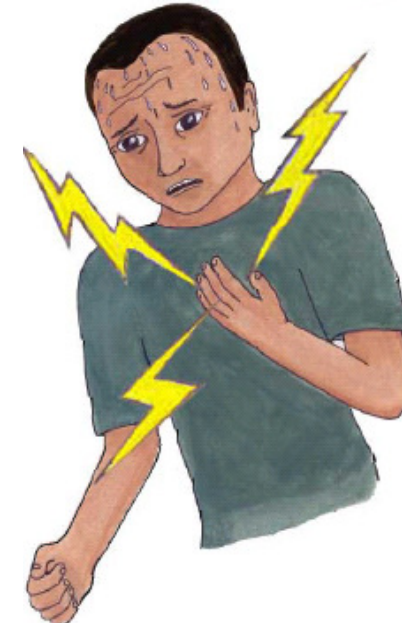
One risk factor is high blood pressure.

What can you do if you have high blood pressure?

Being overweight is another risk factor. What can you do if you are overweight?

What is happening with this woman? What should she do?

PREVENTING HEART DISEASE AND STROKE



What are some causes of heart disease and stroke?

How can you prevent heart disease and stroke?



What is a healthy lifestyle? What should you do? What should you avoid? Why?

Preventing Heart Disease and Stroke

What are some risk factors for heart disease and stroke?

What problems does smoking cause?

