Get Heart Smart!

Why You Should Care
- Atherosclerosis, build up of fatty plaques and cholesterol that obstruct arteries. Begins as early as age 15 and increases over time. This leads to a greater chance of heart disease and heart attack.

- Lifestyle choices regarding physical activity, smoking, and nutrition become habits that are hard to change later in life. Making positive changes in early adulthood will be much easier than it will be later in life.

- 47% of FAU students are overweight, increasing the risk of heart disease.

- 35% of FAU students engage in the recommended amounts of exercise. What about you?

- Heart Disease is the #1 cause of death in the United States

What You Can Do
- Reduce your risk of heart disease through:
  - Physical Activity
  - Nutrition
  - Quitting Smoking
  - Maintaining a Healthy Weight
  - Controlling Blood Pressure and Cholesterol Level
  - Limiting Alcohol Consumption

Heart Health Screener
- Risk factor assessment tool to help determine your risk of heart disease.

What Does Your Heart Tell You?
- Heart rate
- Blood pressure
- Cholesterol levels

Take the Heart Health Screener:

Heart Health Screener Results
- Results can help you understand your risk factors for heart disease.

Take Action
- Eat a healthy diet
- Exercise regularly
- Quit smoking
- Control blood pressure and cholesterol

The Office of Health and Wellness Services
(561) 297-3455 | wellness@fau.edu | www.faunhs.fau.edu

FLORIDA ATLANTIC UNIVERSITY

Heart Health Awareness Events
- Heart Health Fair
- Heart Health Month
- Heart Health Workshops
Get Heart Smart!
Heart disease is the #1 cause of death in the United States. Arteriosclerosis, build up of fatty plaques and cholesterol that obstructs arteries, begins as early as age 15 and increases over time. This leads to a greater chance of heart disease and heart attack.

Lifestyle choices regarding physical activity, smoking, and nutrition become habits that are hard to change later in life. Making positive changes in early adulthood will be much easier than it will be later in life.
Heart disease is the #1 cause of death in the United States. Reduce your risk of heart disease through:

- Physical Activity
- Nutrition
- Quitting Smoking
- Reducing Blood Pressure and Cholesterol
- Reducing and Preventing Stress
- Limiting Alcohol Consumption
Heart Disease is the #1 cause of death in the United States.
35% of FAU students engage in the recommended amounts of exercise. What about you?
47% of FAU students are overweight, increasing the risk of heart disease.
Choose a diet rich in fruits and vegetables, high in fiber and whole grains, lean protein sources, and fat free or lower fat dairy products. Limit sodium intake.

Proper nutrition reduces risk by
- Decreasing bad cholesterol (LDL) and increasing good cholesterol (HDL)
- Maintaining a healthy body weight
  - Reducing blood pressure

Lower Blood Cholesterol
Choosing a diet low in saturated fat, free of trans fat, and low in cholesterol can help lower blood cholesterol, in turn reducing the risk of arteriosclerosis.

GOAL:
Total Cholesterol:
Less than 200 mg/dL
Quitting may seem hard, but recovering from heart disease is harder!

Nicotine in tobacco:
- Decreases oxygen to the heart
- Increases blood pressure and heart rate
- Increases clotting that obstructs arteries
  - Damages cells
Inactivity increases the risk of heart disease by 50%

**GOAL:** 30+ minutes of activity 5 days a week
(any activity is better than no activity)

- Decreases heart disease by
  - Decreasing bad cholesterol (LDL)
  - Increasing good cholesterol (HDL)
    - Reducing blood pressure
    - Reduction in body weight
    - Increased vascular wall function
Drinking too much can

- Raise fat levels in the blood (triglycerides)
- Increase blood pressure
- There is no research that proves that drinking red wine can replace the benefits of lowering your cholesterol & blood pressure, being physically active, and following a healthy diet.
Elevated blood pressure can cause artery damage and narrowing leading to arteriosclerosis or it can weaken the artery walls leading to an aneurysm.

**Lower BP by**
- Managing stress
- Eating healthy (including reducing sodium intake)
  - Physical activity
- Discuss medication with your physician
Some research points to a relationship between heart disease and stress. High levels of stress can lead to other heart disease risks such as poor nutrition, increased tobacco use, & increased blood pressure.

Reduce stress levels through:
- Exercise
- Deep breathing
- Guided meditation
- Journaling
- Comedy
- Progressive muscle relaxation
- Time management
- Organization
Free nutrition services provided by the campus registered dietitian

Get a physical at Student Health Services (cholesterol, blood pressure screening, etc)

Stress management workshops & Tobacco Cessation courses at Health and Wellness Education

Take advantage of free recreation on campus including the recreation and fitness center & intramural and club sports
Owls Care Health Promotion
(561) 297-1048 | wellness@fau.edu | www.fau.edu/owlsicare