



# Heart Health Month

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## 1. Which of these things will NOT help you increase your heart health?

- a. Stopping smoking
- b. Eating a diet low in fat and added sugars
- c. Avoiding exercise
- d. Reducing stress

## 2. True or false: Secondhand smoke can cause heart disease.

## 3. Which of these are “silent killers”?

- a. High blood pressure
- b. High cholesterol
- c. Diet high in fruits and vegetables
- d. Both a. and b.

## 4. What is the minimum amount of moderate activity you should get?

- a. 15 minutes a day, twice a week
- b. 30 minutes a day, 5 days a week
- c. 2 hours a day, once a week
- d. 2 hours a day, every day

## 5. A heart-healthy diet includes which of the following?

- a. Whole grains, nuts and beans
- b. Fruits and vegetables
- c. Lean meats
- d. High-sodium snacks
- e. Answers a., b. and c.

## 6. Name one thing you can do to reduce stress.

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Answer Key  
1. c  
2. True  
3. d  
4. b  
5. e