Heart Health Month

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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