



KEEP YOUR MOTOR RUNNING



Aim for a total of **150 minutes of exercise** weekly.



Get between **seven and nine hours of sleep** a night.



Keep your blood pressure in check. Numbers of **less than 120/80 mmHg** are in normal range.



One year after you **quit smoking**, your risk for heart disease decreases by half.



Brush your teeth twice a day for two minutes each **and floss daily** to decrease your risk of heart disease.