



# Go Red for Women<sup>®</sup>

## GET YOUR NUMBERS

Ask your doctor to check your blood pressure and cholesterol.



## OWN YOUR LIFESTYLE

Stop smoking, lose weight, exercise, and eat healthy.



## REALIZE YOUR RISK

We think it won't happen to us, but heart disease kills one of three women.



## EDUCATE YOUR FAMILY

Make healthy food choices for you and your family. Teach your kids the importance of staying active.



## DON'T BE SILENT

Tell every woman you know that heart disease is our No. 1 killer.

