1. **Quit Smoking**
   - If you don’t smoke, don’t start.
   - If you do, VA can help you quit.

2. **Maintain Healthy Weight**
   - Strive for a body mass index (BMI) between 18.5 and 24.9.

3. **Control Blood Sugar**
   - Aim for a fasting blood sugar level less than 100 mg/dL.

4. **Regular Exercise**
   - Get at least 30 minutes a day to reduce strain on your heart.

5. **Eat Better**
   - Choose healthier foods such as fruits, vegetables and whole grains.

6. **Monitor Blood Pressure**
   - Get checked every year for hypertension.

7. **Watch Cholesterol**
   - Healthy levels range between 120 and 200 mg/dL.

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**Key Points About Heart Disease**:

- It's the leading cause of death in the U.S.
- Around 80 million people in the U.S. have it.
- It’s a presumptive illness related to Agent Orange exposure during the Vietnam War, and one of the presumptive or unexplained illnesses related to Gulf War service.

**Risk Factors You Can’t Change**:

- **Age/Gender**
  - Men over 45 and women over 55 years

- **Race**
  - Certain ethnicity groups

- **Family History**
  - If a close family member had heart disease

**My HealtheVet Connection**:

- **Vitals + Readings**
  - Record and track vital signs including blood pressure, cholesterol, and body weight online to keep tabs on your health regularly.

- **Eat Better**
  - Plate Method

- **Exercise**
  - Choose the Best Exercise Intensity for You

- **Blood Sugar**
  - Using a Blood Sugar Log

- **Cholesterol**
  - Tips to Control Your Cholesterol

- **Weight Potential**
  - Adult BMI Calculator

- **Blood Pressure**
  - Handling a Silent Killer: Hypertension

- **Quit Smoking**
  - SmokeFree Vet

More information available at [www.myhealth.va.gov](http://www.myhealth.va.gov)