

Live Healthy. Live Green.

Heart health & the health of the earth

- Lowering your risk for heart disease isn't just about eating healthy. To reduce your risk of a heart attack (and stroke), the EPA recommends that you:
 - Avoid secondhand smoke and reduce your exposure to traffic exhaust and air pollution.
 - Avoid carbon monoxide poisoning by properly venting your gas stove, furnace, dryer and other appliances.
 - Never leave a car running in a closed garage.
 - Reduce your use of household chemicals. When you do use them, make sure your work area is well-ventilated.
- Eat less meat and more plant-based foods.
- Buy and eat whole, unprocessed foods and from local growers whenever you can. Energy and water are needed (and waste is created) to make, package, and distribute packaged and processed foods. Most often, these foods cost more and also have excess salt, which can increase the risk for high blood pressure.

