5 DAY CHALLENGE: PROTECT YOUR HEART

Visit *Gale Health and Wellness* everyday for five days. Use these tiles to explore heart health and gain important insights.

Heart Disease

What are the different types of heart disease?

What are some risk factors?

How is heart disease treated?

Hypertension (High Blood Pressure)

What is hypertension?

What causes it?

What can you do to prevent it?

Obesity

What is the difference between overweight and obese?

What is a BMI?

How can your check your BMI?

Diabetes

How does diabetes impact heart health?

What are the symptoms?

Are your habits making you vulnerable?

Heart-Healthy Diets and Exercise

What are some components of a heart-healthy diet?

What sort of foods should you avoid?

What exercises can you incorporate in your everyday?

GALE

Gale, here for **everyone.**