



Heart Health Self-Assessment

80% of premature heart disease and stroke can be prevented by finding out your risk factors and adjusting your lifestyle. Take 5 minutes and complete the following assessment to evaluate your heart health:

	Yes	No
Do you have a family history of heart disease?		
Do you have any of the following conditions: high blood pressure, high cholesterol, or diabetes?		
Do you eat less than half a plate of fruits and vegetables with each meal?		
Do you exercise for less than 150 minutes per week of moderate to high intensity physical activity?		
Do you have a BMI of greater than 25?		
Do you currently smoke or are you thinking about quitting smoking?		
Do you drink more alcohol than the recommended Canadian guidelines? <ul style="list-style-type: none">• For women: max 2 drinks per day, 10 drinks per week• For men: max 3 drinks per day, 15 drinks per week		

If you answered "Yes" to any of the questions above, come in and speak to a Save-On-Foods pharmacist to review your answers, how they might affect your risk for heart disease and what steps you can take to reduce your risk!