



Are You at Risk for Heart Disease?

What is heart disease?

The term heart disease is a general term that covers a number of diseases, which affect the heart. This includes **coronary artery disease, congestive heart failure and angina.**

LifeStart Wellness Network provides you with tools to help you determine your risk factors for heart disease.

Step One: Complete the **HPHRA** at www.lifestart.net/hra

Step Two: Receive your **FREE** fitness assessment, which includes blood pressure screening.

Step Three: Know your Numbers with a cholesterol screening by one of our professional exercise physiologist (\$10 fee)

Changeable risk factors include:

- Hypertension
- Cholesterol levels
- Obesity
- Diabetes mellitus
- Physical inactivity
- Cigarette smoking
- Alcohol intake

Unchangeable risk factors include:

- Age, the older you get the greater your risk
- Sex, men are at higher risk than women
- Race
- Family history
- Personal medical history



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Please see a staff member to schedule an appointment today