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so many fake sites. this is the first one which worked! Many thanks

ARE YOU AT RISK?

KNOW THE STATS

EACH YEAR IN THE UNITED STATES:

- 720,000 PEOPLE SUFFER A HEART ATTACK
- 795,000 PEOPLE HAVE A STROKE

ASSESS YOUR RISK

- HEREDITY:** History of a heart attack in both parents INCREASES THEIR CHILDREN'S RISK for a heart attack, especially when one parent has a premature heart attack
- DIET:** A diet rich in vegetables, fruits, whole-grain and high-fiber foods, fish, lean protein, and fat-free or low-fat dairy products is A KEY IN FIGHTING cardiovascular disease
- SMOKING:** Smokers are TWO TO FOUR TIMES more likely to develop heart disease
- EXERCISE:** An inactive lifestyle is a RISK FACTOR for coronary heart disease

MAKE A PLAN

- Visit www.IamProHeart.com to use the ProHeart Path Tool
- Receive your personalized risk assessment report and action plan
- Talk to your doctor about your report and action plan

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