

**Some surprising
risk factors from
modern day lifestyles
may add up over
time to affect
your heart**



COMMON BEHAVIORS THAT MAY ADD UP

Heart disease risk factors include smoking, drinking alcohol, and obesity. However, things you do every day could affect your heart. These include things like sitting at your office desk, driving a lot, or texting before bed.^{1,2}

These modern day behaviors could put you at risk because they may involve³:



NOT GETTING ENOUGH PHYSICAL EXERCISE

Nearly 80% of adults do a small amount of exercise⁴



LIVING A SEDENTARY LIFESTYLE

Most adults spend nearly 8 hours a day sedentary⁵



NOT GETTING ENOUGH SLEEP

As many as 37% of adults do not get the suggested 7 to 8 hours of sleep³



NOT GETTING ENOUGH PHYSICAL EXERCISE

This means that you are not getting the amount of exercise the US Department of Health and Human Services suggests.⁴ In a week you should get:

- 150 minutes of moderate activity or 75 minutes of intense activity

Not getting enough physical exercise is a major risk factor for heart disease.³

DID YOU KNOW?

This common behavior is as bad for you as smoking or having diabetes⁶

WAYS TO BOOST YOUR PHYSICAL ACTIVITY

Lower your risk for heart disease with these American Heart Association suggestions⁵:

For moderate activity, consider:

- Brisk walking, biking, active yoga, or swimming

Do this for 30 minutes a day, 5 days a week

For intense activity, consider:

- Jogging or running, biking (>10 mph), tennis, or swimming laps

Do this for 15 minutes a day, 5 days a week

LIVING A SEDENTARY LIFESTYLE

This means sitting for long periods of time and little exercise.⁵ Even if you meet the American Heart Association exercise suggestions, you could still be sedentary.⁷ For example:

- You could go for a jog in the morning, sit at a desk all day, and then watch a lot of TV at night

Living like this could be bad for your heart. It could also be bad for your cholesterol, blood pressure, and waist size.⁸

DID YOU KNOW?

Watching TV more than 3 hours a day doubles your risk of a shortened life span compared with less than 1 hour a day⁹

WAYS TO ENGAGE IN AN ACTIVE LIFESTYLE

Try this small, everyday change the American Heart Association suggests¹⁰:

- After sitting for 30 minutes, take a 3-minute break by walking a few laps around your office floor or a lap around the block

NOT GETTING ENOUGH SLEEP

You may not think sleep could affect your heart, but it can. People who do not get the right amount of sleep are more likely to get heart disease.³

- In fact, adults who sleep less than 7 hours a day are at a greater risk of a shorter life

Not getting enough sleep every day can add up to increase your risk for heart disease.³

DID YOU KNOW?

The light from your cell phone or TV at night can make it harder to fall asleep²

WAYS TO CHANGE YOUR SLEEP HABITS

Try these changes the Centers for Disease Control and Prevention suggests¹¹:

- Go to bed at the same time each night and get up at the same time each morning
- Avoid using electronic devices in the bedroom
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night

YOUR HEART HEALTH MATTERS



TALK TO YOUR DOCTOR TODAY

If you think you may be at risk for heart disease, talk to your doctor. He or she may suggest lifestyle changes, or a test to check your heart.

ASTELLAS IS PROUD
TO SUPPORT

THE PATIENT
ALL FOR ONE

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