Keep it Moving! ¡Manténtete en Movimiento!

Your cardiovascular system works with your circulatory system to pump blood throughout your body and provides your organs with the oxygen that makes them function properly! Its main components are the heart, blood, and blood vessels (arteries and veins).

Lifestyle choices can impact the health of your heart and blood vessels. Plaque buildup in your arteries (atherosclerosis) prevents blood from flowing properly and is a precursor to many major cardiovascular diseases. Some people may have genetic disorders that make their cardiovascular system less efficient, or that puts extra stress on their hearts. What can you do to prevent, or slow down, these effects?

- **Stop smoking!** No matter how long you’ve been smoking, quitting now will increase your cardiac function and improve your health!

- **Exercise regularly!** Try to reach 10,000 steps a day and get at least 30 minutes of cardio activity every day.

- **Keep track of your blood pressure!** High blood pressure can be life threatening. Today’s blood pressure medications are very effective and can prevent major damage from occurring while you work to get your blood pressure under control.

- **¡Dejar de fumar!** No importa por cuánto tiempo haya estado fumando, dejar de fumar ahora aumentará la función cardiaca y mejorará su salud!

- **¡Haga ejercicio regularmente!** Cada día, trate de caminar 10 mil pasos y haga, por lo menos, 30 minutos de actividad cardiovascular.

- **¡Haga seguimiento a su presión arterial!** La presión arterial alta podría ser mortal. Los medicamentos para la presión arterial de hoy día son muy eficaces y pueden prevenir que ocurran daños mayores a medida que se busca mantener la presión arterial bajo control.