

To take the GO red heart checkup visit: GoRedForWomen.org



Prevent,
Promote
and
Protect
is our
mission.



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Go Red Heart CheckUp

Take the Go Red Heart CheckUp
today to learn your risk.
It's free, only takes a few minutes
and could save your life.

Heart Healthy at Any Age

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To love your heart is to know your heart.

Some risk factors you just can't change, like your age, race, and family history.

YOU do have the power to change these six risk factors, study them carefully, they are:

- High Blood Pressure
- Diabetes
- Physical Inactivity
- Smoking
- High Cholesterol
- Obesity or Overweight

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