

OTHER SIMPLE STEPS TO AVOID STROKE



**EAT MOSTLY FRESH
UNPROCESSED
FOODS**



EAT LESS SALT



**IF YOU DRINK, KEEP
YOUR ALCOHOL
INTAKE LOW**



**MOVE MORE,
SIT LESS**



**KEEP A
HEALTHY
WEIGHT**



**MANAGE
DIABETES**



**CHECK FOR
ATRIAL
FIBRILLATION**



**BE
SMOKEFREE**