3 Ways to Boost Your Heart Health

Heart disease continues to be the leading cause of death for both men and women in the United States. In fact, the Centers for Disease Control and Prevention (CDC) reports that heart disease causes 1 in every 5 deaths. Heart disease refers to several different types of heart conditions. Coronary artery disease—caused by plaque buildup in the walls of the heart's arteries—is the most common. Other forms of heart disease include heart attack, heart failure, arrhythmia and congenital heart defects.

The symptoms of heart disease can vary, and some people may not even know they have a heart condition until they have a heart attack. Red flags include shortness of breath, chest discomfort, difficulty with speech, heart palpitations and sudden loss of responsiveness.

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Exercise Your Way to a Healthier Heart

Certain uncontrollable factors increase your risk of heart disease, including age, sex and family history. However, other factors that increase your risk for heart disease—such as stress, inactivity, obesity, diabetes, smokin