

INDIGENOUS LIFEWAYS TO SAFEGUARD HEART HEALTH

Move daily, connect with nature and get your rest.

Get your health check-ups that monitor blood pressure, diabetes status, and more.

Use traditional tobacco in ceremonial ways and stay away from commercial tobacco.

Eat a more natural diet, which means increase the amount of vegetables and fruits, and limit sugar, trans and saturated fats.

CONNECT WITH THESE ANCESTRAL LIFEWAYS AND YOUR BODY TO KEEP YOUR HEART HEALTHY.



**American Indian
Cancer Foundation.**