

# 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**