Rebound the Right Way

May 27, 2008 By James Wortman

A recent National Medical Association survey found that nearly 30percent of African-American heart attack survivors are hitting the snooze button and falling back into unhealthy lifestyles, including poor exercise and eating habits. To stay heart healthy—and prevent a second attack—talk to your doctor about how treatment options, exercise regimens and diet changes can toughen your ticker. To learn more, contact the American Heart Association at 800.242.8721 or americanheart.org.

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