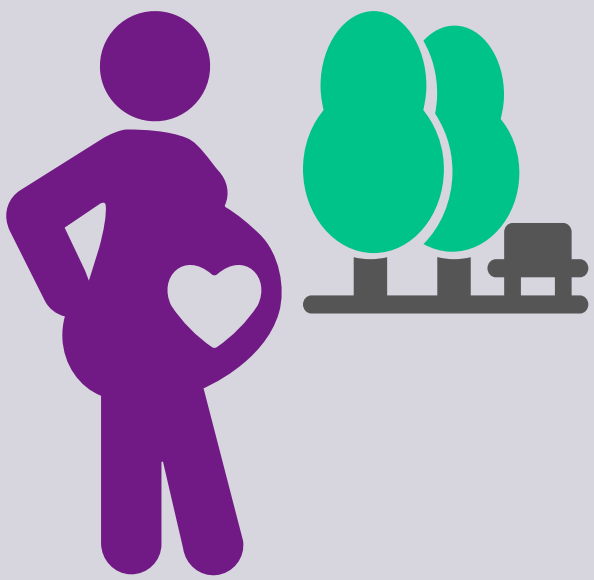
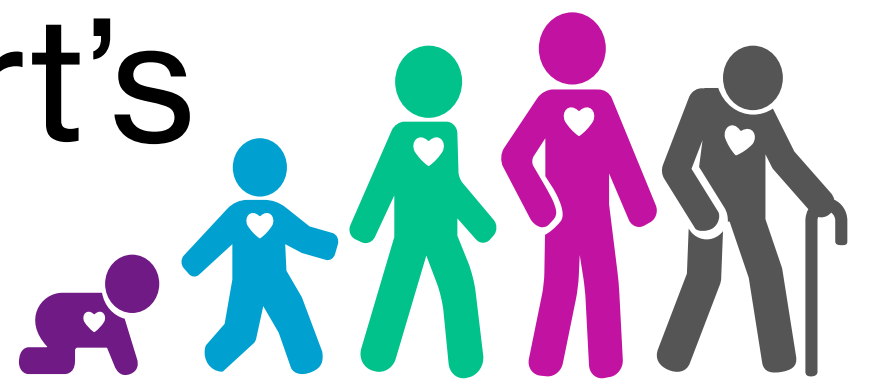


# You and your heart's life stages

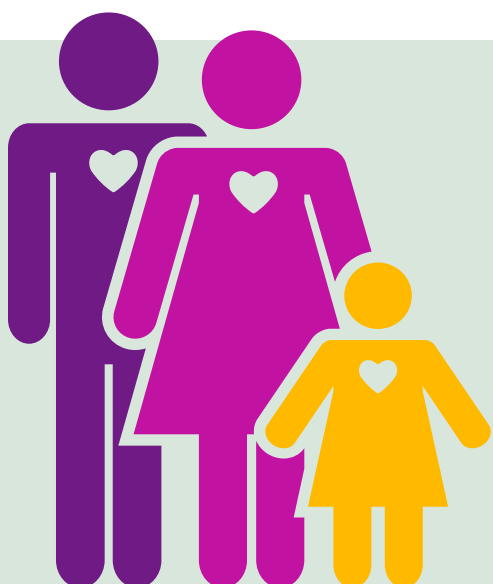


## A mother's lifestyle before childbirth can affect the baby's heart development

Studies show that mothers who exercise while pregnant can lower the baby's heart rate, a sign of a healthy heart.

## Expose children to a healthy lifestyle

A child's heart is the size of a clenched fist. Instill good habits as early as possible like doing regular physical activities and eating a balanced diet.



## Know your family history

As an adult, your heart will be the size of two clenched fists. Start learning about your family history of heart disease and to take precautions to avoid possible risks.

## Watch out for emerging heart conditions

Health issues tend to arise as you get older, so it's important to be more cautious with the food you eat and keeping your blood pressure and cholesterol levels in check.



## Your heart weakens as you age

The wall of your heart thickens, your heart rate slows, heart muscles lose strength, and is weaker when dealing with illness, injuries, and emotional stress. Continue to exercise regularly and eat healthily.