



## Are You Young at Heart?

*You may act and feel younger  
than your years...  
but how old is your heart?*

**ClubRed**<sup>™</sup>

A UVA Heart & Vascular Center Initiative

## What Is Heart Age?

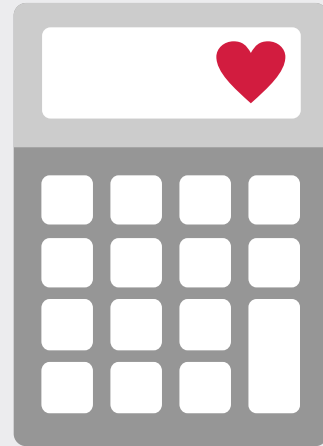
Your heart age is not determined by years, but rather the condition of your heart. Certain risk factors speed up the aging process and put you at greater risk for heart disease and stroke.

These include:

- Diabetes
- Elevated Stress Levels
- High Blood Pressure
- High Cholesterol
- Inactive Lifestyle
- Obesity
- Smoking

Unfortunately, because these risk factors are so prevalent today, nearly half of all women in the U.S. have a heart age that is five years older than their chronological age. This means they are more likely to die of heart disease within the next 10 years.

Here's the good news: when it comes to your heart, it's never too late to turn back the clock. Diet, exercise, weight, blood pressure and cholesterol levels are all variables you can control, so you have the power to hit rewind and take years off of your heart.



## How Old Is Your Heart?

Using the Heart Age Calculator, you can determine your heart age based on your own personal risk factors. Here's how:

- Go to [clubreduva.com/youngheart](https://clubreduva.com/youngheart)
- Enter your personal information, including your age, height, weight, blood pressure and health history
- Hit "calculate" to see your results!

Your heart age is calculated based on results from the Framingham Heart Study, which found that certain risk factors have a greater impact on your heart health. The more risk factors you have, the "older" your heart.

## You Can Be Young at Heart!

If your heart age is equal to or below your true age, congratulations! You're on the right track, so be sure to maintain your heart-healthy lifestyle.

If your heart age is greater than your true age, don't worry. It's never too late to turn back the clock, so talk to your doctor about ways you can begin taking years off your heart.

For great tips on diet, exercise, stress management and more, plus cooking classes and special events, sign up today for UVA Club Red. This free UVA Heart and Vascular Center initiative will give you the information and inspiration you need to stay young at heart! Go to [clubreduva.com](https://clubreduva.com) to register.