The Great 8

Cardiovascular and Diabetes Healthy Heart Behaviors

Each image below represents one of the **The Great 8** recommended healthy behaviors.



Be Active



Eat Well



Practice Wellness



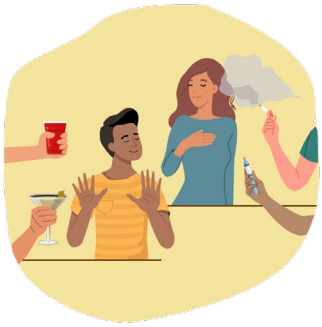
Check Your Blood Pressure



Understand Your Blood Sugar Numbers



Know Your Cholesterol Levels



Avoid Tobacco, Vaping and Alcohol



Follow Your Doctor's Recommendations

My Plan:

Washington State Department of HEALTH

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