

Heart Disease Ranks As Men's No. 1 Health Concern

(NAPSA)—Are you concerned that you or someone you love will one day be affected by heart disease? If so, you're not alone. According to a recent survey, men list heart disease (53 percent) as their No. 1 health fear.

The survey, which was conducted by Post Shredded Wheat, showed that 62 percent of men are concerned that they will be personally affected by heart disease. These worries are supported by the fact that heart disease is the No. 1 cause of death among both men and women in the United States. The good news is that there are several steps that men (and women) can take that may reduce their heart disease risk.

One way to help lower the risk of heart disease is to eat right. Making healthy food choices can be as simple as choosing a cereal rich in whole grain. In fact, diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease. According to the survey, there's lots of room for improvement, as less than 50 percent of men report regularly including whole grain foods in their diets.

Small diet changes add up when it comes to healthful eating. It only takes about five minutes to enjoy a bowl of Post Shredded Wheat cereal, and 92 percent of men surveyed said they would be willing to invest this amount of time as a step toward their future health.

In addition to diet, physical activity plays a role in reducing a person's risk for heart disease. According to the survey, more than 90 percent of men report participating in some kind of physical



More men get their exercise by doing chores such as yard work than by going to the gym, showed a recent survey.

activity on a regular basis. Pumping iron? Running marathons? Not quite. According to the survey, men report they are more likely to get their exercise by mowing the lawn or taking out the garbage than visiting the gym.

Experts recommend 30 minutes or more of moderate activity on most or all days of the week, which can include your favorite sport, daily household tasks, taking the stairs at work, or doing your own yard work.

Post Shredded Wheat conducted the nationwide survey among 400 men. The margin of error for the study is +/-4.0 percent overall at a 95 percent confidence level.