



*(Claudia Totir, Getty Images)*

Living a healthy lifestyle by getting plenty of exercise and eating a nutritious diet are the keys to preventing heart disease, according to new guidelines released Sunday.

The [guidelines](#) from the American Heart Association and the American College of Cardiology were presented Sunday at an ACC annual meeting and led by a group of the country's leading doctors and scientists. They put under one umbrella an array of research-



Joanne's Post



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