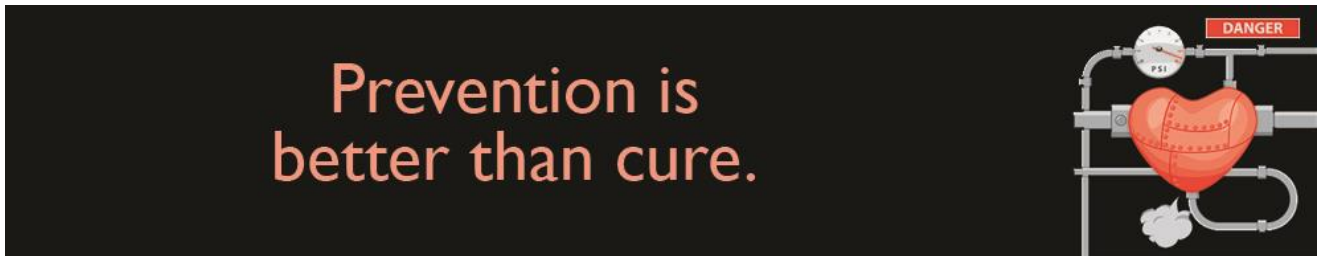


# Prevention



The most effective way to combat heart disease and diabetes is to prevent them from developing in the first place. Fortunately, a lot of research has been done to determine the most important aspects of heart disease and diabetes prevention. A few key healthy habits will help to tackle multiple [risk factors](#) and reduce your risk:

1. **DON'T SMOKE.** [Learn more.](#)
2. **EXERCISE REGULARLY.** [Learn more.](#)
3. **REDUCE YOUR STRESS.** [Learn more.](#)
4. **EAT HEALTHY.** [Learn more.](#)

