Six Important Facts about Heart Disease

Odds of winning the lottery: 1 in 135,145,920
Lifetime odds of dying from heart disease: 1 in 5 (source: LiveScience)

1. Heart disease is the number 1 killer of people 65 and older. (LiveScience)
2. Of all deaths of people ages 35 and older, 20 percent can be attributed to a lack of exercise. (University of Hong Kong study)
3. The American Heart Association recommends that people perform moderate-intensity exercise, such as brisk walking, for 30 minutes on most days of the week.
4. Men who get little exercise are 45 percent more likely to die from cancer than physically active men. For physically inactive women the risk of dying from cancer is 28 percent greater. (University of Hong Kong study).
5. More than 50 percent of Canadians are considered sedentary. (Statistics Canada)
6. Men who are physically inactive face a 52 percent increased risk of dying from heart disease, while physically inactive women face a 28 percent greater risk.