



Williamson County's Property Assessment





Williamson County's Trustee's Office

life is why



Williamson County's Accounting  
Department



Williamson County School's  
Finance & Accounts Payable Office



Williamson County's Benefits Department



Williamson County's Archives Department



Williamson County's Custodial Department



Williamson County's Health Department



Nolensville Library

REGISTER OF DEEDS

Suite 201

# "I CAN SEE CLEARLY NOW THRU RED GLASSES..."



## Myth vs Facts

- Myth:** A heart disease gene can help determine if you're genetically predisposed to the condition.
- Fact:** There are no heart disease genes. What does matter is family history of heart disease and the lifestyle you live. Many risk factors can be changed by making heart-healthy choices.
- Myth:** Fish oil is an effective way of preventing/preventing against heart disease.
- Fact:** While fish oil may offer health benefits, it does not prevent heart disease. The best way to prevent heart disease is to eat a diet rich in fruits and vegetables, and to exercise regularly.
- Myth:** Taking vitamin and calcium supplements can prevent heart disease.
- Fact:** There is no evidence that taking supplements can prevent heart disease. The best way to prevent heart disease is to eat a diet rich in fruits and vegetables, and to exercise regularly.
- Myth:** Fish is healthy for your heart because it's low in cholesterol.
- Fact:** While fish is healthy, it's not the only healthy choice. A diet rich in fruits and vegetables, and to exercise regularly, is the best way to prevent heart disease.
- Myth:** There is no biggest source of sodium in your diet.
- Fact:** The biggest source of sodium in your diet is processed foods. A diet rich in fruits and vegetables, and to exercise regularly, is the best way to prevent heart disease.
- Myth:** There's no smoking. You'll know you're having a heart attack if you have the obvious symptoms of chest pain.
- Fact:** There are many symptoms of a heart attack, including chest pain, shortness of breath, and nausea. A diet rich in fruits and vegetables, and to exercise regularly, is the best way to prevent heart disease.

**32%**  
Most Americans realize that getting diet, exercise, and smoking, lowering your cholesterol and lowering your blood pressure are important factors to prevent heart disease.



## HEART DISEASE

AMERICA'S NO. 1 KILLER  
ARE YOU AT RISK?

### HEART DISEASE RISK FACTORS

- High blood pressure
- High cholesterol
- Smoking
- Physical inactivity
- Being overweight or obese
- Excessive alcohol use
- Having a poor diet
- Diabetes
- Being stressed
- Having a family history of heart disease



Make Heartbeats Choose You as a Healthy Heart





Williamson County's EMA Department



Williamson County's Emergency Communications



Fairview Parks & Rec Center



Franklin Library Children's Department



Franklin Library Reference Department



Board of Education Information Technology



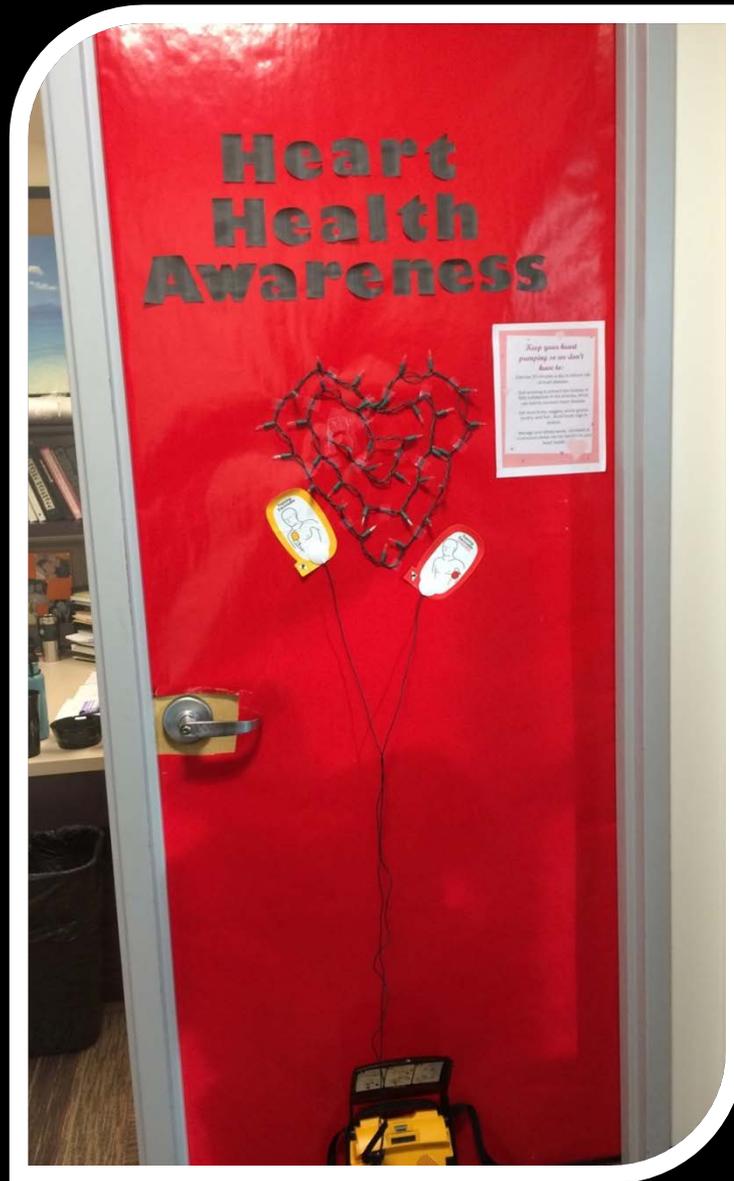
Board of Education  
Finance & GL Internal Audit



Board of Education Human Resources



Board of Education Payroll Department



Brentwood Parks & Rec Center



Williamson County School's  
Communications Department



Williamson County's Mayor's Office