

## Mayo Clinic Minute

### Make a Health Investment

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Just like the banker who invests a little every month and ends up wealthy, investing in 4 positive health habits today can help make your future healthy.
<b>Stephen Kopecky, M.D.</b> <b>Cardiology</b> <b>Mayo Clinic</b>	“One is don’t smoke.”
<b>Vivien Williams</b>	Mayo Clinic cardiologist Dr. Stephen Kopecky says not smoking is a biggie.
<b>Stephen Kopecky, M.D.</b> <b>Cardiology</b> <b>Mayo Clinic</b>	“Two is eating five fruits or vegetables a day.”
<b>Vivien Williams</b>	Three is maintain a healthy weight. Your Body Mass Index, or BMI should be under 25. And four is exercise.
<b>Stephen Kopecky, M.D.</b> <b>Cardiology</b> <b>Mayo Clinic</b>	“For every hour you’re active vigorously as an adult, you live two hours longer. There’s nothing else we have, really, in medicine that good of a return on investment.”
<b>Vivien Williams</b>	Dr. Kopecky says if you start investing today, you reduce your risk of heart attack in four years by 40 percent. And if you continue your health investments for 2 decades, that risk drops by 80 percent.
	For the Mayo Clinic news Network, I’m Vivien Williams.