

# GOOD SENSE STEPS TO LIVE HEALTHY & PREVENT BLOOD CLOTS

1



## Move

**Don't sit for too long,  
move at least every two  
hours, exercise regularly.**

2



## Eat Well & Hydrate

**Maintain or work toward  
a nutritious diet & healthy  
weight, stay hydrated.**

3



## Know Risks

**Know your medical history  
& any risks for blood clots,  
recognize symptoms.**

4



## Get More Info

**[Click here or visit bit.ly/life-stage](https://bit.ly/life-stage)  
to learn more about women's  
health & blood clots.**

alexrowanfoundation.org

