

small steps to **BIG** changes

The 2020 Impact Goal: By 2020, the American Heart Association plans to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent.

Locally sponsored by:



Take small steps toward a healthier life by getting your free heart score and custom plan today at

heart.org/MyLifeCheck

✓ My Life Check: is a tool that will help a person assess their individual health needs and develop unique steps to change their behavior and move closer to their individual health goals. By answering 18 questions about your cholesterol, blood pressure, blood sugar, smoking status, weight, physical activity and diet, you will get a heart score from 1-10 that will help you create an action plan to help add years to your life.



Get Active

By exercising for as little as 30 minutes a day, you can reduce your risk of heart disease. The American Heart Association suggests at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise. Anything to get your body moving such as walking, jogging, swimming or biking.



Control Cholesterol

Too much cholesterol in your blood is a major risk factor for coronary heart disease (which leads to heart attack) and for stroke. A cholesterol level of 200 mg/dL or higher puts you in a high-risk category and is cause to take action.



Eat Better

The simplest, positive change you can make to effectively improve your heart health is to start walking. A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. Inform yourself from credible sources, so you can make smart choices in your diet for long-term benefits to your heart and health.



Manage Blood Pressure

High blood pressure is the most significant risk factor for heart disease. Lifestyle changes help reduce blood pressure without the use of prescription medication. These include eating a heart-healthy diet, which may include reducing salt; enjoying regular physical activity, maintaining a healthy weight, managing stress, limiting alcohol and avoiding tobacco use.



Lose Weight

Among Americans age 20 and older, 145 million are overweight or obese. Coming up with a fitness and nutrition plan to lose weight is crucial to understand your recommended calorie intake. Losing weight is a matter of balancing healthy eating with the energy that leaves your body through a healthy level of exercise.



Reduce Blood Sugar

Diabetes is one of the six major controllable risk factors for cardiovascular disease. It is treatable but even when glucose levels are under control, it greatly increases the risk of heart disease and stroke. It's crucial to have regular check-ups and work with your health-care provider to manage your diabetes and control any other risk factors.



Stop Smoking

Smoking is the most important preventable cause of premature death in the United States. Smokers have a higher risk of developing many chronic disorders, including atherosclerosis, which is the build up of fatty tissue in the arteries, which can lead to coronary heart disease, heart attack and stroke.

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