

Heart Healthy Living: Prevent Heart Disease & Stroke



Heart disease and stroke are main causes of death and disability in the US.

Know your numbers

- Blood pressure
- Blood glucose
- Cholesterol
- Weight



Live healthy

- Exercise
- Eat healthy
- Do not smoke



Less chance of heart disease



Important tests

Go to a doctor at least once a year and have these 3 tests done: blood pressure, blood glucose (sugar), and cholesterol. Be sure you understand the test results. You may need to make changes to be healthy and prevent heart disease.

Blood pressure

A blood pressure test tells how hard blood is pushing on your arteries (blood vessels that carry blood away from the heart). The test can tell you if your blood pressure is normal. You can get yours checked at a doctor's office, a community screening, a drugstore, or buy a home test kit.



Blood glucose

A blood glucose test measures the amount of glucose in your blood. It tells you if you have or are likely to get diabetes. It is best to get a test done after not eating for 8 hours or more.

Cholesterol

Cholesterol is a soft, waxy substance made by your body. Some kinds are good, and some are bad. Your body needs a little cholesterol, but too much of the bad kind can clog your arteries. This can raise your chance of heart attack and stroke. There is a test for each kind of cholesterol.



Healthy weight

- ◆ Find out from your doctor if you weigh too much for your height and frame
- ◆ Weigh each morning on a bathroom scale before getting dressed
- ◆ Set goals to reach a healthy weight
- ◆ Be patient with yourself
- ◆ Follow tips for exercise and healthy eating

Exercise

- ◆ Start with 30 minutes on most days. Work up to 300 minutes total each week.
- ◆ Do things that make your heart, lungs, and muscles work hard. Start out easy if you need to.
- ◆ Try these activities: walk or jog, push grocery cart, attend exercise class, work in garden, swim, dance, or ride a bike.
- ◆ Tips for success:
 - Set goals (short- and long-term; how much, how often)
 - Be clear on reasons for goals: lose weight, lower blood pressure, enjoy life, etc.
 - Make a plan (time, place, bad weather)
 - Exercise with a buddy
 - Keep going even if you miss a day

Eat healthy

Follow these tips for good health:

- ◆ Eat smaller portions.
- ◆ Bake, grill, boil, sauté, or steam food.
- ◆ Read food labels.
- ◆ Learn new ways of cooking. Have fun!
- ◆ Eat slowly to know when you are full.

Enjoy...

- ✓ Fruit (1 serving a day)
- ✓ Green and dark-colored vegetables
- ✓ Beans
- ✓ Lean meats and fish
- ✓ Water and sugar-free soda drinks
- ✓ Whole grains
- ✓ Healthy oils
- ✓ Low-fat (skim or 1%) milk and dairy

Limit...

- ✗ Fried foods
- ✗ Fatty meats
- ✗ Foods with saturated fat and added sugar
- ✗ Soda, fruit drinks and juices
- ✗ Foods with white flour
- ✗ Solid fats like shortening and lard
- ✗ High-fat dairy (whole or 2% milk, sour cream, ice cream, cheese)

Do not smoke

Steps for quitting:

1. Set a quit date
2. Know your reasons: health, money, loved ones, etc.
3. Know your smoking triggers and have a plan to fight the urge
4. Get rid of smoking reminders
5. Use help that is available (Arkansas Tobacco Quitline: 1-800-QUIT-NOW or 1-800-784-8669)
6. Share your plan with others