



How Can I Monitor My Cholesterol, Blood Pressure and Weight?

High cholesterol, high blood pressure and being overweight or obese are major risk factors for heart disease and stroke. You should be tested regularly to know if you have high cholesterol or high blood pressure. That's because elevated cholesterol and blood pressure have no warning signs. And you should talk to your healthcare provider about a healthy weight for you.

It is important to know your numbers. You can record your blood pressure, cholesterol and weight in the tracker below to track your progress. Talk to your healthcare provider about your numbers and how they impact your overall risk. Then ask how often to measure your levels.



	Date	Date	Date	Date	Date	Date
Blood Pressure						
Total Cholesterol						
HDL Cholesterol						
Weight						

What can I do to lower my cholesterol and blood pressure?

- Eat a heart-healthy diet low in added sugars, sodium, and saturated and *trans* fats. A healthy diet includes a variety of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish, legumes, nontropical vegetable oils and nuts.
- Eat oily fish, such as salmon, twice a week.
- Limit red meats. If you choose to eat red meats, select lean cuts of meat. Trim all visible fat and throw away the fat that cooks out of the meat.
- Remove the skin from poultry.
- Substitute meatless or “low-meat” main dishes for regular entrees.
- Aim for a diet that achieves 5% to 6% of calories from saturated fats and a reduced percent of calories from *trans* fat.
- Aim to consume less than 1,500 mg per day of sodium. Even reducing your daily intake by 1,000 mg per day can help. Limit your intake of processed, packaged and fast foods which tend to be high in sodium.
- Limit the amount of alcohol you drink. If you're a woman, don't drink more than one drink a day. If

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you're a man, have no more than two drinks a day.

- Be more physically active. Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week, and/or three sessions of isometric resistance exercises per week.
- Reach and maintain a healthy weight.
- Don't smoke and avoid exposure to second-hand smoke.
- Take your medicines as prescribed.

How can I manage my weight?

Lifestyle changes such as the ones listed above may help you lose 3-5% of your body weight. This could result in meaningful health benefits. Larger weight losses (5-10%) can produce even greater benefits.

To lose weight, you must take in fewer calories than you use up through normal metabolism and physical activity. So, reduce the number of calories you eat and increase your physical activity.

- Get at least 150 minutes of moderate-intensity aerobic physical activity, such as brisk walking, a week.



- To maintain weight lost or minimize regain, some people need to do more physical activity each week (200-300 minutes).

HOW CAN I LEARN MORE?

- 1 Call **1-800-AHA-USA1** (1-800-242-8721), or visit **heart.org** to learn more about heart disease and stroke.
- 2 Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at **heartinsight.org**.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at **heart.org/supportnetwork**.

Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

What kind of physical activity would be good for me?

How can I know what my weight should be?

My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **heart.org/answersbyheart** to learn more.