



American Heart Association.  
Life's Essential 8™

## 8 STEPS TO A HEALTHIER LIFE



EAT BETTER



BE MORE ACTIVE



QUIT TOBACCO



GET HEALTHY  
SLEEP



MANAGE WEIGHT



CONTROL  
CHOLESTEROL



MANAGE  
BLOOD SUGAR



MANAGE  
BLOOD PRESSURE

Get your FREE health score and personal action plan at:

[heart.org/lifes8](https://heart.org/lifes8)



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