



Choosing a Lifestyle Change That Works

Change Can Feel Hard

Making healthy changes can feel difficult, and that's normal.

What matters most is starting with one small step, guided by goals you set with your care team. You don't have to do it all at once. But the sooner you start, even with one change, the sooner you can improve your cardiovascular-kidney-metabolic health (CKM health).

CKM health shows how the heart, kidneys, and metabolism (how the body creates, stores, and uses energy) are connected. Actions like eating a little healthier, moving more, or taking medications as prescribed, can support all three systems.

One step can help your heart, protect your kidneys, improve how your body uses energy, and lower overall health risks. One healthy choice can benefit your whole body.

Pick One Change That Fits Daily Life



There is no “one-size-fits-all” plan. The most effective lifestyle changes are personal, feel achievable and support overall health.

When selecting your goals, consider your:

- Energy level, time and daily schedule
- Personal likes and dislikes
- Support system
- Cultural preferences
- Family routines
- Community resources

Actionable first steps that you may choose to make:

- Adding a vegetable or fruit to one meal
- Taking a 15-minute walk after a meal
- Replacing one sugary drink like a soda with water
- Using herbs and spices instead of salt
- Practicing deep breathing for 5 minutes in the morning

Your goals should feel manageable, not overwhelming.

Working With Healthcare Professionals as Part of Your Care Team



A care team is ready to guide and support the process. Together, it is possible to:



- Select one meaningful goal



- Create a plan that aligns with daily routines



- Adjust the plan as life changes



- Celebrate progress—big or small



- Identify additional support when needed

Sample questions to ask a healthcare professional, community health worker, or pharmacist:



“What is one change that would help my heart, kidney and metabolic health the most right now?”

“Is my weight, blood pressure, lipid levels (cholesterol & triglycerides), and blood sugar in a healthy range?”

“Which lifestyle changes would make the biggest difference for my heart, kidney or metabolic health?”

“What is a realistic goal for me to begin with this week?”

“Which numbers should I be tracking at home, and how do I track them?”

“Are there programs or resources available to support my heart, kidney and metabolic health goals?”

The Most Important Part of Your Care Plan is Starting



Every small lifestyle change can add up to make a difference in your heart, kidney and metabolic health.



Perfection is not required only a willingness to begin. What is one small change you feel ready to make in the next month? Write it down, tell a friend, and start now, you can do this.

Take the first step, visit:

heart.org/myckmhealth

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