



American Heart Association.  
Life's Simple 7®

## 7 STEPS TO A HEALTHIER LIFE



**STOP  
SMOKING**



**CONTROL  
CHOLESTEROL**



**EAT  
BETTER**



**GET  
ACTIVE**



**MANAGE  
BLOOD PRESSURE**



**MAINTAIN A  
HEALTHY WEIGHT**



**REDUCE  
BLOOD SUGAR**

Get your FREE health score and personal action plan at:

**MYLIFECHECK.ORG**



American Heart Association.  
Life's Simple 7®

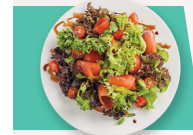
## 7 STEPS TO A HEALTHIER LIFE



**STOP  
SMOKING**



**CONTROL  
CHOLESTEROL**



**EAT  
BETTER**



**GET  
ACTIVE**



**MANAGE  
BLOOD PRESSURE**



**MAINTAIN A  
HEALTHY WEIGHT**



**REDUCE  
BLOOD SUGAR**

Get your FREE health score and personal action plan at:

**MYLIFECHECK.ORG**