



So, how do you improve your numbers? First of all, don't feel overwhelmed and stay positive!

The American Heart Association has identified seven areas to focus on. Each of us can make small changes in one or more of these areas that will add up to a big difference in our heart health!

**Stop Smoking/Vaping**  
Quitting is the best thing you can do for your health.

**Get Active**  
Adults should be getting 150 min. of physical activity per week. Kids need 60 min. every day!

**Eat Better**  
Eat more fresh fruits and veggies, whole grains and lean proteins. Limit sodium and sugary drinks.

**Maintain Healthy Weight**  
Even a few extras pounds takes a toll on your heart. Control the calories you take in and burn more.

**Manage Blood Pressure**  
Aim to keep your blood pressure under 120/80 mm Hg. Take medication if prescribed.

**Control Cholesterol**  
Avoid trans fats and replace saturated fats with unsaturated fats. Take medication if prescribed.

**Reduce Blood Sugar**  
Aim for a number lower than 100 mg/dL. Cut out sugary drinks and added sugars. Exercise regularly.



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**My Life Check** will help you understand what changes you can make to improve your health, but first, you need to know your numbers.

Make an appointment with a health professional today and bring this chart with you to record your numbers for these important health factors. While you are there, discuss what your personal goals should be and make a plan to get there.

Factor	My Numbers	My Goal
--------	------------	---------

Total Cholesterol

LDL ("Bad") Cholesterol		
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HDL ("Good") Cholesterol

Triglycerides		
---------------	--	--

Blood Pressure

Blood Sugar Level (Fasting Glucose)		
-------------------------------------	--	--

Body Mass Index (BMI)

Waist (Inches)		
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Height (ft/in) and Weight (lbs)



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