

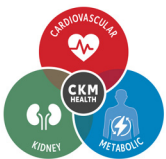


One Lifestyle Change, Big Health Impact

What Is a Lifestyle Change?

A lifestyle change is an everyday habit that affects overall health and personal health goals.

How One Change Can Make a Difference



The heart, kidney and metabolic system (the way the body creates, stores and uses energy) work together in what's called cardiovascular-kidney-metabolic health (CKM health).

Healthy lifestyle changes and choices can strengthen all three systems together and set better health for longer. Healthy changes don't have to happen all at once, and gradual steps can make a big difference.

Some sample positive lifestyle changes include:



Adding a 10- to 15-minute walk to the day



Texting or calling a friend when you need support



Taking medication as prescribed



Practicing breathing or relaxation for a few minutes



Going to sleep at the same time every night

Why One Change Can Help the Whole Body

Cardiovascular Health (heart and blood vessels)



A positive change, such as a short daily walk, or cutting back on sugary/salty foods can:

- Lower blood pressure
- Lower workload of the heart
- Improve blood flow
- Reduce cholesterol levels

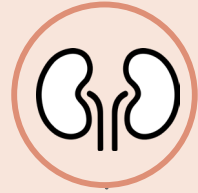
Metabolic Health (blood glucose (sugar) & weight)



The same small steps can:

- Improve control of blood glucose (blood sugar)
- Support healthy weight
- Lower inflammation
- Help improve energy levels

Kidney Health



When heart and metabolic health improve, kidney function can also improve leading to:

- Less strain on overall kidney health
- Better filtration of the blood
- Lower overall risk of kidney damage

One Positive Change Matters



Even one small step can make a meaningful difference for heart, kidney and metabolic health. Pick a step today, take it at your own pace, and build it over time.

It's important to act now even with small changes.

Every effort matters and can lead to big improvements in CKM health, and every step is worth celebrating.

Take the first step, learn more at:

heart.org/myckmhealth

The American Heart Association's Cardiovascular-Kidney-Metabolic Health Initiative is made possible by Founding Sponsors Novo Nordisk and Boehringer Ingelheim, Supporting Sponsors Novartis Pharmaceuticals Corporation and Bayer.

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