

# 6 STEPS TO A HEALTHIER HEART



## QUIT SMOKING

- Plan ahead
- Meditate/relax
- Exercise
- Avoid caffeine

## MANAGE STRESS

- 7-9 hours
- Go to bed early
- Turn off electronics 1 hour before bed
- Cut caffeine in half
- Exercise regularly

## SLEEP WELL

## KNOW YOUR NUMBERS

**Fasting glucose:**  
<100

**Blood Pressure:**  
<120/80

**Cholesterol:**  
• Total: < 200  
• LDL: <100  
• HDL: 50+ (women)  
40+ (men)  
• Triglycerides: <150

## STAY ACTIVE

- 150 mins of aerobic activity weekly
- Take the stairs
- Exercise while watching TV
- Take daily walks
- Bike when you can
- Park further away in parking lots
- Move hourly
- Stretch daily
- Clean more

## EAT HEALTHY

- Plan ahead
- Pack lunch
- Avoid eating out
- Don't skip meals
- Eat smaller portions more frequently

### **Decrease:**

- Salt
- Saturated & trans fat
- Alcohol
- Added sugars
- Artificial flavors & sweeteners

### **Increase:**

- Vegetables
- Fruits
- Whole grains
- Fiber
- Unsaturated fats