

AMERICAN HEART ASSOCIATION'S LIFE'S SIMPLE 7



Making little changes every day can add up to big improvements in your overall health



GET ACTIVE

Try to get **150 minutes of moderate exercise** or **75 minutes of vigorous exercise** per week (or a combination of both). Even two or three 10-15 minute bursts of exercise can be beneficial.

EAT BETTER

Eat a colorful diet, **at least 4-5 components**, of whole grains, fruits, vegetables, low-fat dairy products, poultry, fish and nuts. Try to limit sugary foods and drinks, fatty or processed meats and salt.

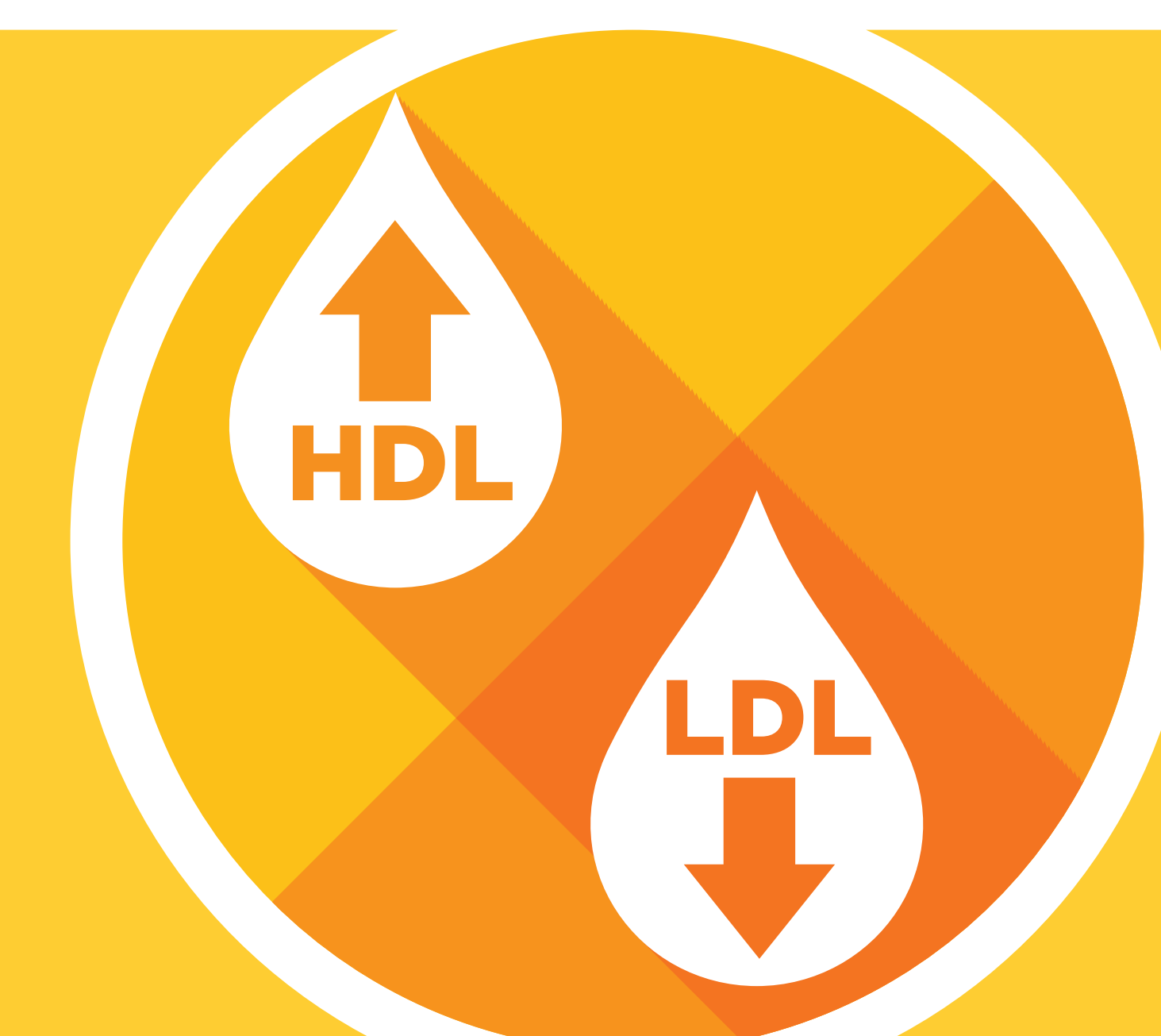


LOSE WEIGHT

Maintaining a healthy weight, with a **body mass index < 25 kg/m²**, is important for your health. To lose weight, you need to burn more calories than you eat. Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.

CONTROL CHOLESTEROL

Cholesterol comes from two sources: your body, which makes all you need, and food made from animals. Keeping your cholesterol in control and **under 200 mg/dL** is important. To help lower your cholesterol, eat smart, add color and move more.



MANAGE BLOOD PRESSURE

Blood pressure is the force of blood pushing against blood vessel walls. Stress and poor diet have both been linked to high blood pressure, so it's important to keep your numbers **<120/<80 mmHg**, be well and eat smart to help positively influence your blood pressure.

REDUCE BLOOD SUGAR

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can be damaging so it is important to keep your **fasting glucose <100 mg/dL**. One easy way to cut out added sugars is simply by checking nutrition facts and labels.



STOP SMOKING

Not smoking is one of the best things you can do for your health. Smoking damages your circulatory system and increases your risk of multiple diseases. The good news is your lungs can begin to heal themselves as soon as you stop – **the time to quit is now!**

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