



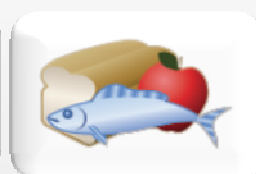
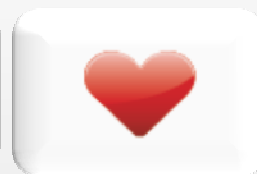
American Heart Association | American Stroke Association

*Learn and Live*

## Living Better with “Life’s Simple Seven”

Our Goal: To give you the tools to help you improve a few simple things, “Life’s Simple Seven”, that will help you to have a healthier life

### Life’s Simple 7™





## In a recent national survey...

- ➔ 39% of adults thought they were in ideal cardiovascular health
- ➔ 54% of these adults also reported that a doctor had told them they had a risk factor for heart disease and needed to make a lifestyle change to improve their cardiovascular health.
- ➔ Fewer than half of those surveyed knew their cholesterol, BMI, or glucose numbers.



In reality....

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**Less than 1% of  
Americans are in ideal  
cardiovascular health.**



## There is good news

➔ If you are in ideal cardiovascular health by the age of 50, you can expect to live another 40 years free of heart disease and stroke.

1. Don't Smoke
2. Get Active
3. Manage Blood Sugar
4. Control Cholesterol
5. Reduce Blood Sugar
6. Eat Better
7. Control your Weight

Aim to be in ideal status in each category for ideal cardiovascular health!





# Don't Smoke

➔ Smoking is the number one modifiable cause of death.



## Take Action!

- Talk with your healthcare provider
- Focus on the rewards
- Plan your response to roadblocks





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# Get Active

- ➔ People who exercise have better health than those who do not
- ➔ 2 ½ hrs of regular moderate vigorous activity weekly



**Take Action!**

- Choose activities you enjoy
- Partner with someone





# Manage Blood Pressure

➔ High blood pressure is the single most significant risk factor for heart disease!



**Take Action!**

- Know your numbers
- Track your progress
- Learn healthy habits for eating well & staying active.







# Control Cholesterol

- ➔ Cholesterol is a soft, waxy substance that can build up in the walls of arteries
- ➔ Too much cholesterol in your blood places you at major risk for heart disease and stroke
- ➔ Aim: LDL – low & HDL – high



## Take Action!

- Follow your healthcare provider's advice
- Make healthy food choices
- Get active







## Reduce Blood Sugar

- ➔ High blood sugar promotes the growth of plaque in your arteries
- ➔ Increases your risk for heart disease and diabetes



### Take Action!

- Make good food choices
- Commit to regular physical activity
- Maintain a healthy weight





# Eat Better

➔ A variety of heart-healthy nutrition keeps you living at your best health potential.



## Take Action!

### Say yes to:

- Lots of fruits and vegetables
- Whole grain carbohydrates
- Fat-free and low-fat dairy products
- Fish with omega-3 fatty acids

### Say no to:

- Foods and beverages with added sugar
- Products high in sodium





# Lose Weight

- ➔ A BMI of less than 25 is optimal for cardiovascular health.



## Take Action!

### For effective weight loss, start here:

- Know your BMI
- Know how many calories you need

### The weight-loss plan:

- Reduce calories in: plan your food choices and stick with your plan
- Increase calories out: engage in regular physical activity, 30-45 minutes per day







# My Life Check

## My Life Check™

LIFE'S SIMPLE 7 CONTINUED



|  | WHERE YOU ARE NOW  | CHOOSE YOUR NEXT STEPS  | WHERE YOU WANT TO BE   |
|--|--|---|--|
| <b>Blood Pressure</b><br><a href="#">More information</a>                                  | <b>SYSTOLIC</b><br><b>135 mm Hg</b><br><b>DIASTOLIC</b><br><b>103 mm Hg</b><br><b>Warning</b><br>You should discuss this factor with your healthcare provider. | <input type="checkbox"/> See my healthcare provider to recheck my blood pressure.<br><input type="checkbox"/> Learn to read food labels and choose foods with less sodium.<br><input type="checkbox"/> If I'm overweight, lose weight - even 10 lbs makes a difference.<br><input type="checkbox"/> Be more physically active; aim for at least 150 minutes per week.<br><input type="checkbox"/> Speak to my healthcare provider about medication options. | <b>SYSTOLIC</b><br><b>Less than 120 mm Hg</b><br><b>DIASTOLIC</b><br><b>Less than 80 mm Hg</b><br><b>Excellent</b> |
| <b>Blood Cholesterol</b><br><i>(total cholesterol)</i><br><a href="#">More information</a> | <b>225 mg/dL</b><br><b>Needs improvement</b><br>You should discuss this factor with your healthcare provider.  | <input type="checkbox"/> Speak to my healthcare provider about medication options.<br><input type="checkbox"/> Speak to a dietitian to improve my eating habits.<br><input type="checkbox"/> Eat fewer saturated and trans fats.<br><input type="checkbox"/> Be more physically active.<br><input type="checkbox"/> If overweight, work on losing weight.   | <b>Less than 200 mg/dL</b><br><b>Excellent</b>   |
| <b>Blood Sugar</b><br><i>(fasting)</i><br><a href="#">More information</a>                 | <b>154 mg/dL</b><br><b>Warning</b><br>You should discuss this factor with your healthcare provider.  | <input type="checkbox"/> Lower my blood sugar as directed by my healthcare provider.<br><input type="checkbox"/> Work with a dietitian on a low-carbohydrate diet.<br><input type="checkbox"/> If I'm overweight, lose weight - even 10 lbs makes a difference.<br><input type="checkbox"/> Be more physically active; aim for at least 150 minutes per week.<br><input type="checkbox"/> Ask my family and friends for support.                            |  |

## My Life Check™

YOUR HEART SCORE

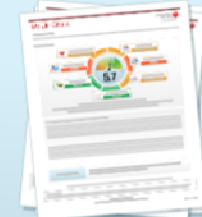


You're doing well, but consider all the aspects of your behaviors that lead to good health. Make adjustments to strengthen your position.



### Result Report

Includes your Simple 7, your action plans, and heart score.



Note: Print or save a PDF of this report for your records. Use your email program to send the PDF anywhere you want.

[PRINT OR SAVE PDF](#)





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# Questions?

[www.heart.org/MyLifeCheck](http://www.heart.org/MyLifeCheck)

Life's Simple 7™

