

# Wellness Guide

## 7 small steps to BIG changes.



### 1. Get Active

Lower blood pressure and other risk factors: visit [www.startwalkingnow.org](http://www.startwalkingnow.org)  
Decrease bad cholesterol; increase "good" HDL cholesterol  
Reduce feelings of stress; increases self-confidence

Walk 30 minutes a day all at once or in sessions of 10 minutes each  
Take an evening walk with your family instead of watching TV  
Listen to audio books and walk instead of seating with a paper book



### 3. Eat Better

Keep a balanced diet for a healthier heart [www.heart.org/nutritioncenter](http://www.heart.org/nutritioncenter)  
Vegetables are high in vitamins, minerals, nutrients, and fiber  
Control your risk of heart disease by lowering sugar and cholesterol

Limit foods and drinks that are high in calories but low in nutrients  
Avoid processed meals; bake or broil instead of frying  
Split your plate in 3 sections: veggies, lean meat, whole grains



### 5. Maintain a Healthy Weight

Lower your risk of heart disease, stroke, diabetes, high blood pressure  
Control your Body Mass Index get your measure at [www.heart.org/bmi](http://www.heart.org/bmi)  
Enjoy more physical activities

Burn as many calories as you eat  
Monitor your progress, keep motivated, involve friends in the challenge  
Set short term goals to lose weight; reward your self with fun activities



### 7. Stop Smoking

Smokers have higher risk of suffering from heart disease and stroke  
Smoking decreases the "good" HDL cholesterol  
Smoking is the single most preventable cause of death in the U.S.

Focus on the positive aspects of quitting; manage stress  
Start by smoking less cigarettes; know your triggers: driving, drinking  
Involve someone else for support



### 2. Control Cholesterol

Reduce the risk of excessive fat flowing in your bloodstream  
Prevent your arteries narrow or block  
Reduce your risks

Eat more fruits, grains, and vegetables which contain no cholesterol  
Limit saturated fats, trans fats & cholesterol from meats, butter, and dairy  
Know your numbers and what they mean: [www.heart.org/conditions](http://www.heart.org/conditions)



### 4. Manage Blood Pressure

High blood pressure shows no symptoms; it can injure or kill you  
Young adults and children can also have high blood pressure  
Protect your body so tissue receives supplies of blood rich in oxygen

Don't trust how you feel. Know your numbers! normal reads 120/80mmHg  
Consume a healthy diet, decrease salt intake, manage stress  
Visit your doctor, medication maybe needed to control blood pressure



### 6. Reduce Blood Sugar

Insulin resistance or diabetes increase the risk of heart disease & stroke  
Adults with diabetes are 2-4 times more at risk of heart disease or stroke  
High blood pressure encourages growth of plaque in your arteries

Eat small portions more frequently during the day  
Choose longer-to-digest carbohydrates: whole wheat, fruits, vegetables  
Drink enough water; reduce refined carbohydrates: donuts and sugar

## Learn and Live

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

Take the simple test to assess your health  
Share the site with your friends, and family

<b>Life's Simple 7</b> Health Factor or Behavior	<b>Poor Health</b> (Warning)	<b>Intermediate Health</b> (Needs Improvement)	<b>Ideal Health</b> (Excellent)
<b>1. Physical Activity</b> Walking, swimming, running, basketball, tennis, etc.			
Adults over 20 years of age	Little to none	Up to 149 min/wk moderate or up to 74 min/wk vigorous or both	150 or more min/wk moderate or 75+ min/wk vigorous
Children 12-19 years of age	Little to none	Up to 60 minutes of moderate or vigorous activity every day	More than 60 minutes of moderate or vigorous activity every day
<b>2. Cholesterol</b> Blood plasma levels			
Adults over 20 years of age	240 or more mg/dL	200-239 mg/dL or treated to goal	Less than 170 mg/dL
Children 6-19 years of age	200 or more mg/dL	170-199 mg/dL	
<b>3. Healthy Diet</b> Better choices			
<u>Portions per day:</u> <ul style="list-style-type: none"> <li>5 cups fruit/vegetables</li> <li>4oz whole wheat</li> <li>Less than 1,500mg of sodium</li> </ul> <u>Portions per week:</u> <ul style="list-style-type: none"> <li>2-3 servings of fish</li> <li>Less than 450 calories from sugared drinks</li> </ul>	0-1 components	2-3 components	4-5 components
<b>4. Blood Pressure</b> Systolic and Diastolic			
Adults over 20 years of age	Systolic 140 or more Diastolic 90 or more mm Hg	Systolic 120-139 Diastolic 80-89 mm	Systolic less than 120 Diastolic less than 80
Children 8-19 years of age	More than 95th percentile	90th-95th percentile or Systolic 120 or more Diastolic 80 or more	Less than 90th percentile
<b>5. Healthy Weight</b> Body Mass Index (BMI)			
Adults over 20 years of age	30 or more kg/m <sup>2</sup>	25-29.9 kg/m <sup>2</sup>	Less than 25 kg/m <sup>2</sup>
Children 2-19 years of age	95 <sup>th</sup> or more percentile	85 <sup>th</sup> -95 <sup>th</sup> percentile	Less than 85 <sup>th</sup> percentile
<b>6. Blood Glucose</b> Blood sugar levels while fasting			
Adults over 20 years of age	126 mg/dL or more	100-125 mg/dL or treated to goal	Less than 100 mg/dL
Children 12-19 years of age	126 mg/dL or more	100-125 mg/dL	Less than 100 mg/dL
<b>7. Smoking Status</b> Smoking or use of tobacco products			
Adults over 20 years of age	Current smoker	Quit less than 12 months ago	Never smoked or quit more than 12 months ago
Children (12-19)	Tried prior 30 days		