

American Heart Association Association

Learn and Live.













What if you had a guide ...

- To guarantee you a longer life?
- To prevent heart disease?
- To feel stronger and healthier now and later?
- To provide a better quality of life as you invest in your relationships and life goals?





Live Better. Embrace Health with Life's Simple Seven.

Our Mission: Building healthier lives free of cardiovascular disease & stroke.

Our Goal: To improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular disease and stroke by 20 percent.

Life's Simple 7TM

















From Clyde Yancy, M.D.

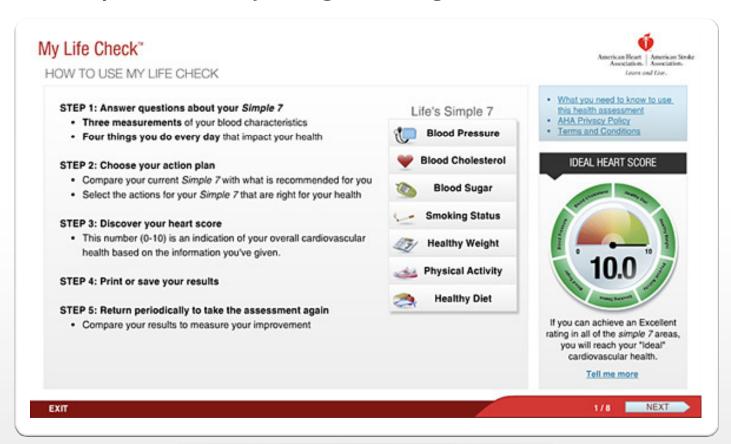
- We know what it takes to save lives, but heart disease and stroke are still leading causes of death.
- Why not embrace your best health potential?
- Research shows those who can reach cardiovascular wellness goals by age 50 can expect to live another 40 years free from heart disease and stroke!
- What are those wellness goals?
 Life's Simple 7 ... And anyone can reach them!





My Life Check

We've simplified healthy living -- 7 things to measure and track.





Manage Blood Pressure



Why?

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

1 out of every 3 American Adults have HBP, and many are unaware.



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





Get Active



Why?

People who exercise have better health than those who do not.



- •Make your decision to get moving.
- Choose activities you can enjoy.





Control Cholesterol



Why?

When there's too much cholesterol in your blood, you are at major risk for heart disease and stroke.



- Follow your healthcare provider's advice.
- Make health food choices.
- •Get active.





Eat Better



Why?

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



Why?

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



Take Action!

For effective weight loss, start here:

- Choose to invest your energy on the task, not feeling guilty
- 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





Don't Smoke



Why not?

Smoking is the <u>number one</u> modifiable cause of death.



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





Reduce Blood Sugar



Why?

High blood sugar encourages the growth of the plaque in your arteries and increases your risk for diabetes, heart disease, and stroke.



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





Why do you need a Life's Simple 7 success plan?

- Without a plan, you will likely experience:
 - Increased risk for heart disease and stroke
 - Increased likelihood of illness & disability
 - •Increased need for surgeries, medications & treatments
 - Reduced quality of life





With a Success Plan, Every Step Counts Toward Your Goal

But with Life's Simple Seven, you can KNOW you're taking care of yourself to reach your best health potential for yourself and for those you love.

Together, we're building a *healthier future*, one heart at a time!



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