

TOO MUCH CHOLESTEROL IN YOUR BLOOD INCREASES YOUR RISK.



GET TESTED TO LEARN YOUR TOTAL CHOLESTEROL, GOOD (HDL) AND BAD (LDL) CHOLESTEROL, AND TRIGLICERIDES.



PHYSICAL INACTIVITY BOOSTS YOUR RISK EVEN IF YOU HAVE NO OTHER RISK FACTORS.

AIM FOR 2 1/2 HOURS OF MODERATE-INTENSITY AEROBIC ACTIVITY PER WEEK.



SMOKERS ARE UP TO 6 TIMES MORE LIKELY TO SUFFER HEART ATTACKS. DON'T SMOKE AND, IF YOU DO, QUIT.

HEARTTRUTH.GOV

ARE YOU AT RISK FOR HEART DISEASE?



A program of the National Institutes of Health



THE HIGHER YOUR BODY MASS INDEX (BMI), THE HIGHER YOUR RISK FOR HEART DISEASE, ESPECIALLY AT BMI >30.

MAINTAIN A HEALTHY WEIGHT.

HIGH BLOOD PRESSURE GREATLY INCREASES YOUR RISK.

GET TESTED. REDUCE YOUR SODIUM INTAKE. STAY ACTIVE. MAINTAIN A HEALTHY WEIGHT.



DIABETES. PUTS YOU AT INCREASED RISK FOR HEART DISEASE.

YOU CAN LOWER YOUR RISK BY KEEPING YOUR BLOOD GLUCOSE CLOSE TO THE RECOMMENDED TARGET NUMBERS.²

Sources: ¹National Heart, Lung, and Blood Institute. (2005). *Your guide to a healthy heart.*, ²Diabetes Prevention Program Research Group (2002). Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *New England Journal of Medicine*, (346)6, 393-403.




#4MyHeart: A 4-Week Action Plan for Heart Health

Track your daily progress and share your success with #4MyHeart on Facebook or Twitter!

GET INFORMED ABOUT HEART HEALTH!

WEEK 1

This week is all about learning some basic information about heart health.

DAY 01 	DAY 02 	DAY 03 	DAY 04 	DAY 05 	DAY 06 	DAY 07 
Commit to learning about and living a heart healthy lifestyle. Learn how.	Are you at risk for a heart attack? Take this quiz to find out. Click here.	Make an appointment with your doctor to discuss your risk for heart disease. Print these questions for your appointment.	One risk factor for heart disease is high blood pressure. High blood pressure affects your heart—and your brain, eyes, and kidneys too! Learn how.	What is “energy balance”? Learn how it will help you stay at a healthy weight for the long term.	Learn about your family health history to see if you have a higher risk for heart disease. Click here.	What’s HDL (“good”) and LDL (“bad”) cholesterol? Learn what your numbers should be.

EAT FOR HEART HEALTH

WEEK 2





This week is all about making healthy food choices. Make it a priority to make an eating plan, and stick to it!

DAY 08 	DAY 09 	DAY 10 	DAY 11 	DAY 12 	DAY 13 	DAY 14 
Make better beverage choices. Start by choosing water instead of sugary drinks. Learn more.	Use the DASH eating plan to create a heart healthy diet. Click here.	A portion is different than a serving. Learn the right serving sizes for each food group.	Add herbs to kick up the flavor without the salt (sodium). Learn how.	Eating healthy is good for you and your family. Check out these tips on portions and making healthy choices.	Make sure half your plate is fruits and vegetables. Learn how.	Take the stress out of meal planning and use our sample heart healthy menus. Learn more.

LOWER YOUR RISK

WEEK 3

Know your numbers and take action! High blood pressure, cholesterol, and diabetes are heart disease risk factors that can be prevented and controlled. Learn how and take action this week to lower your risk.

DAY 15 	DAY 16 	DAY 17 	DAY 18 	DAY 19 	DAY 20 	DAY 21 
Lower your diabetes risk! Reduce your intake of sugary snacks—grab some fruits and vegetables instead.	Get 7-8 hours of sleep every night. Learn how.	Walk whenever possible. Turn off the TV, get off the bus early, or park farther away! Learn more.	Get your heart pumping! Aim for 150 minutes of physical activity a week.	Mental health is just as important as physical health. Find your inner Zen today through meditation.	Start a food and physical activity journal to help you stay on track. Learn how.	Take a hike today with your friends instead of going out to dinner! Take your social focus from food to physical activity.

TAKE THE NEXT STEPS

WEEK 4

This week is about taking control of your heart health by understanding and controlling your personal risks.

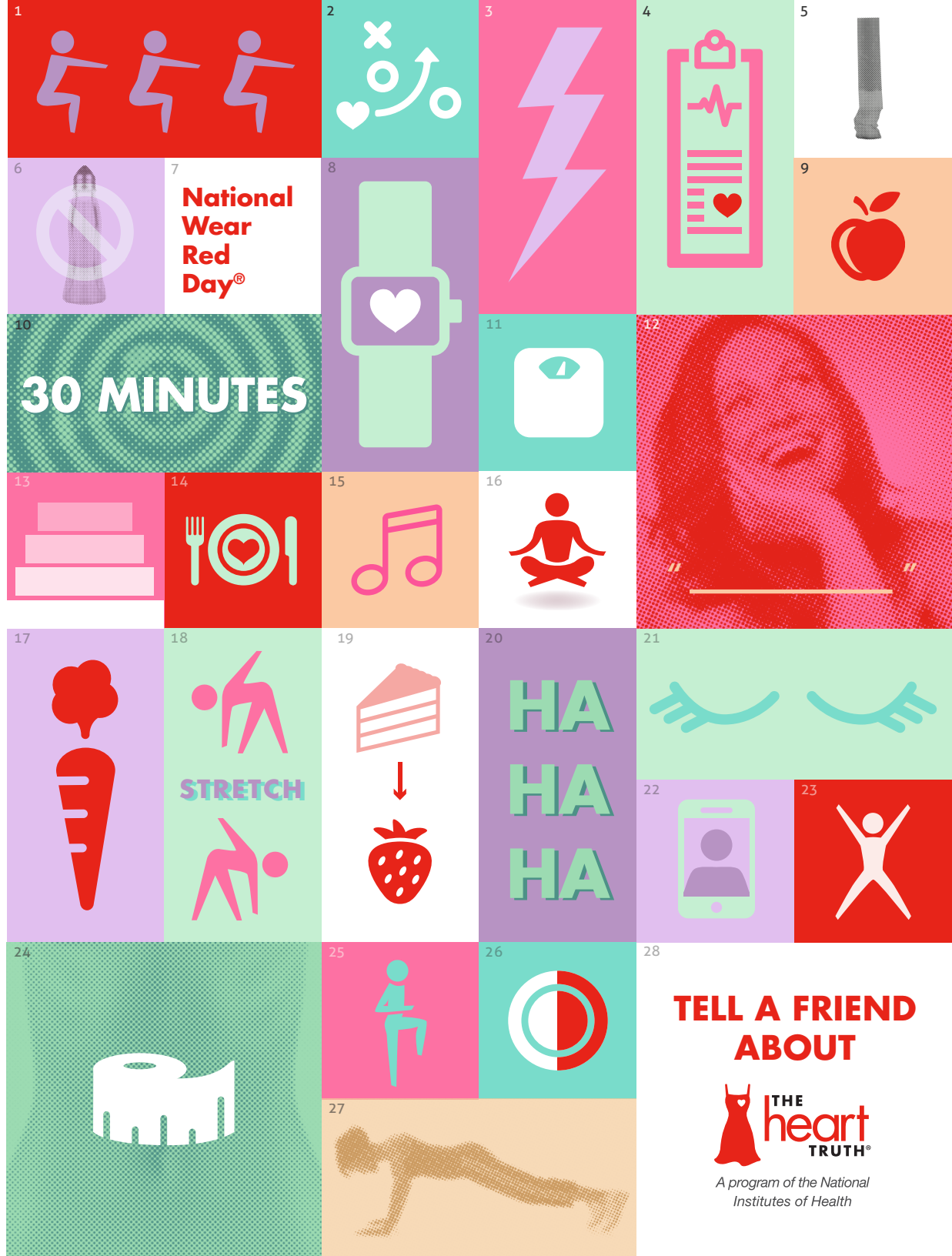
DAY 22 	DAY 23 	DAY 24 	DAY 25 	DAY 26 	DAY 27 	DAY 28 
Learn your BMI to determine if you are a healthy weight. Learn how.	Do you smoke? If yes, talk with your doctor about developing a plan to help you quit.	Track your numbers. Order our free wallet card to record results from your doctor and stay on track to achieving your heart healthy lifestyle!	Muscle- and bone-strengthening activities are important too! Find sample activities and include them at least 3 days/week.	Taking medication for high blood pressure? Try these tips to remember to take your meds.	Set smart goals for successful weight management. They should be specific, attainable, and forgiving!	You did it! Show off your hard work by sharing this badge.

28 Days to a Healthy Heart

Share your success with #MyHeart28

DATE CHALLENGE

- 1 Squat it out. Do 1 minute of squats.
- 2 Make a heart healthy snack for the Big Game.
- 3 Sign up for our National Wear Red Day Thunderclap!
- 4 Schedule your annual physical.
- 5 Visit Smokefree.gov to take the first step in quitting smoking.
- 6 Make today a salt-free day. Use herbs for flavor instead of salt.
- 7 Sport red today for National Wear Red Day.
- 8 Go for the gold! Walk an extra 15 minutes today.
- 9 Plan your menu for the week with heart healthy recipes.
- 10 Aim for 30 minutes of physical activity today.
- 11 Calculate your body mass index (BMI).
- 12 Share your favorite inspirational quote with *The Heart Truth*®.
- 13 Give the elevator a day off and take the stairs.
- 14 Protect your sweetheart's heart: Plan a heart healthy date.
- 15 Saturday Night Fever! Dance to your favorite song.
- 16 Stress less. Practice mindful meditation for 10 minutes.
- 17 Give Meatless Monday a try.
- 18 Add a stretch break to your calendar to increase your flexibility.
- 19 Swap the sweets for a piece of fruit for dessert.
- 20 Share a funny video or joke that makes you laugh.
- 21 Head to bed with enough time to get a full 8 hours of sleep.
- 22 Call three relatives and ask about your family health history.
- 23 Do 3 jumping jacks for every U.S. Gold Medal!
- 24 Take out a tape measure and find out the size of your waist.
- 25 March in place for 3 minutes to get your heart going.
- 26 Make half of your lunch and dinner plates vegetables.
- 27 See how many push-ups you can do in one minute.
- 28 Pay it forward and tell a friend about *The Heart Truth*.



TELL A FRIEND ABOUT



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