

Heart Healthy CHALLENGE

A healthy heart is central to overall good health and survival. By embracing a healthy lifestyle, you can help prevent heart disease and lower your risk for a heart attack or stroke. Complete the following worksheet to stay on top of your heart health.

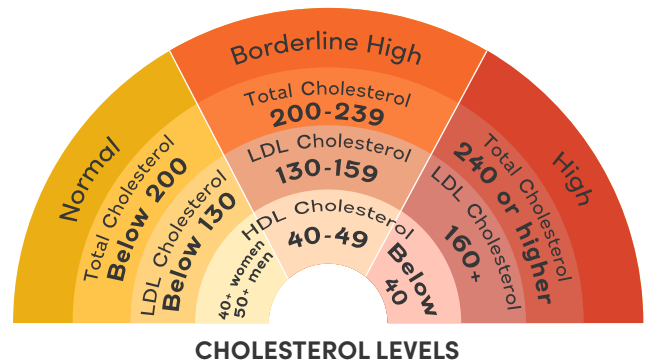
1. CHOLESTEROL LEVELS

Get your cholesterol checked. High cholesterol in your blood can lead to heart attack or stroke. It's important to get your cholesterol checked at least every 4 to 6 years.

My Cholesterol

Total Cholesterol: _____
 LDL (bad): _____
 HDL (good): _____

Note: If your cholesterol levels are not in the normal range, please consult your doctor for proper care.



2. BLOOD PRESSURE

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (hypertension) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (hypertension) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

BLOOD PRESSURE CATEGORIES

Get your blood pressure checked regularly. High blood pressure is considered a "silent killer" because there are no signs or symptoms before serious heart complications. Checking your blood pressure regularly can help keep you safe.

My Blood pressure

Diastolic: _____
 Systolic: _____

Note: If your blood pressure is high, please consult your doctor for proper care.

3. PHYSICAL ACTIVITY

Assess your physical Activity.

Your heart is a muscle and, as with any muscle, exercise is what strengthens it! Adults are recommended to get at least 150 minutes of physical activity per week. What is your current level of physical activity?

- Inactive:** No formal exercise and not physically active during the day.
- Light:** Physical activity in everyday life (raking leaves, walking, gardening)
- Moderate:** Exercising for 20-60 minutes, 3-5 days per week (cardio, strength, and/or flexibility training)
- Vigorous:** Exercising most days of the week for 20-60 minutes at a fairly high intensity.



My plan to improve my physical activity is:

4. DIET

Assess your diet in the past 24 hours with the following questions. Eating nutritiously can help lower your risk of heart disease. A heart-healthy diet includes foods that are low in saturated and trans fats, added sugars, and sodium (salt). Heart-healthy items include high-fiber foods like whole grains, fruits, and vegetables, and unsaturated fats like those found in olives, avocados, nuts, and seeds. It's also helpful to choose lean proteins and low-fat dairy for a heart-healthy approach to eating.

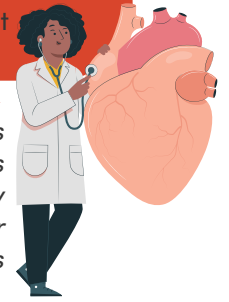
In the past 24 hours...	Your response	Nutrition recommendations*
How many cups of vegetables did you eat?	_____	2.5 cups of vegetables a day is recommended
How many cups of fruit did you consume?	_____	2 cups of fruit a day is recommended
What percentage of the grain you ate were whole grains?	_____	At least half of your grains should be whole grain
Did you eat any cakes, chips, fries, pastries, ice cream, gravies, burgers, burritos, or grilled cheese?	_____	These processed foods tend to be high in saturated fat. You should try to limit saturated fat to 10%

After assessing the strengths and weaknesses of your diet, set a positive dietary change goal.

One positive dietary change I will make and focus on for the next week is _____

Ex: Eating at least 5 fruits/vegetables a day, only eating out once this week, or buying and cooking wholegrain bread and pasta.

**All recommendations are from the USDA's 2020-2025 Dietary Guidelines for Americans*



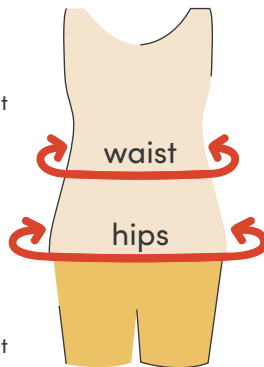
5. HIP TO WAIST RATIO

Female Waist to Hip Ratio

- Less than 0.8
low risk of health problems due to weight
- 0.8 to 0.89
moderate risk of health problems due to weight
- 0.9 or Over
high risk of health problems due to weight

Male Waist to Hip Ratio

- Less than 0.9
low risk of health problems due to weight
- 0.9 to 0.99
moderate risk of health problems due to weight
- 1 or Over
high risk of health problems due to weight



Measure your Hip to Waist Ratio. People who carry more weight around their midsection are at higher risk for heart disease, type 2 diabetes, and premature death than those who carry more of their weight in their hips and thighs. Even if your BMI is within a normal range, it is good to be aware if you are carrying more abdominal fat.

The smallest part of my waist measures: _____ in
 The largest part of my hips/buttocks measure: _____ in
 $\frac{\text{Waist measurement}}{\text{Hip measurement}} = \text{_____}$

Other areas where you can make

HEALTHY CHANGES

to reduce your risk of heart disease are:

- Manage stress
- Create healthy relationships
- Get adequate sleep
- Manage blood sugar and diabetes