



Project AsPIRE

## **SESSION 3**

Act in Time to Heart Attack Signs

Get Energized! Say YES to Physical Activity

Keep the Beat: Aim for a Healthy Weight



# Learn What a Heart Attack Feels Like

**Act fast. Call 9-1-1.  
It could save your life.**

Clot-busting medicines and other treatments can stop a heart attack as it is happening. These treatments work best if given within 1 hour of when heart attack signs begin.

If you think you are having a heart attack, call 9-1-1 right away.

## **KNOW THE HEART ATTACK WARNING SIGNS:**

Your chest may feel pressure.



You may feel discomfort in one or both arms, or the back or stomach.



You may feel discomfort in your neck or jaw.



You may feel like you can't breathe.



You may feel light-headed or break out in a cold sweat.



You may feel sick to your stomach.

# Fast Action Saves Lives

## **YOU MAY NOT BE SURE IT IS A HEART ATTACK.**

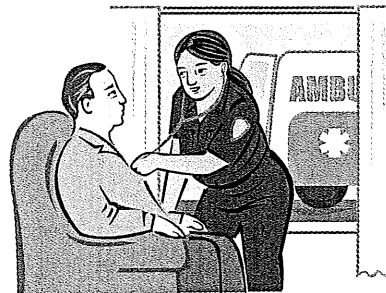
A heart attack may not be sudden or very painful. You may not be sure what is wrong.  
But it is important to check it out right away.



**ACT FAST.  
CALL 9-1-1.**



Call 9-1-1 in 5 minutes or less.  
Do not drive yourself to the hospital.



When you call 9-1-1, an emergency vehicle arrives  
right away. Medicines can be given at once.

## **TO HELP SURVIVE A HEART ATTACK, TAKE THESE STEPS:**

- Learn warning signs of a heart attack, and act fast if you feel them.
- Talk with family and friends about the warning signs and the need to call 9-1-1 right away.
- Ask your doctor about your heart attack risk and how to lower it.
- Complete the "My Emergency Card" handout.



# Fast Action Saves Lives: Role Plays

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## Role Play 1: At Home

Lola Idad is at home. Lola lives with her daughter, Mila. Lola and her longtime friend, Ligaya, are chatting over their midday snack (*merienda*) at the kitchen table.

**Ligaya:** Idad, I am not feeling my best today. My arm hurts a little and it feels uncomfortable here. I feel a little light-headed.

**Lola:** You do not look well. I went to that meeting at the community center. Dr. Cabaya talked about what to do if you or someone else has signs of a heart attack. He stressed that the first thing we should do is call 9-1-1.

**Ligaya:** Oh, I am sure it's not anything serious. Maybe it's my ulcer acting up again. I have been worried about my sister lately. Never mind, I'm sure I am fine. Are we going to play mahjong tonight?

**Lola:** No! You have some of the signs of a heart attack. Dr. Cabaya said that even if you are not sure it's a heart attack, have it checked out immediately. Mila! Call 9-1-1 immediately while I stay with Ligaya. She needs an ambulance!

**Mila, Lola's daughter, enters the room panicked and calls 9-1-1.**

**Lola:** *Kumare* (friend), if it is a heart attack, fast medical treatment can prevent damage to the heart. Getting to the hospital quickly means that you can be treated right away. Calling 9-1-1 may save your life!

# Fast Action Saves Lives: Role Plays *(continued)*

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## Role Play 2: At Work

Lola's son-in-law, Cesar, is at work one afternoon and sees that his coworker Rolando does not look well.

**Cesar:** Rolando, are you okay?

**Rolando:** I haven't been feeling well all morning. My stomach feels queasy and I feel light-headed. I don't think it's anything serious. Maybe it is just my morning breakfast—a little indigestion.

**Cesar:** Are you sure? You don't look good.

**Rolando:** It's okay. But my chest does feel heavy, and I have shortness of breath.

**Cesar:** You know, Rolando, those are signs of a heart attack. It is best to go to the hospital and get it checked out. I am going to call 9-1-1 right now!

**Rolando:** Cesar, how could I be having a heart attack? I am not even 50 yet! I'm still slim and I do physical activity regularly. I walk a lot. You are overreacting. If I still feel like this tomorrow, I will call my doctor for an appointment.

**Cesar:** Rolando, even if you are not 100 percent sure it's a heart attack, you should check it out immediately. If it is a heart attack, fast medical treatment can prevent damage to your heart. Getting to the hospital quickly could save your life! I am calling 9-1-1 now.

# Fast Action Saves Lives: Role Plays *(continued)*

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## Role Play 3: At Night

Lola's daughter, Mila, is home reading a magazine when she suddenly starts to feel very sick. No one else is home, so she telephones her brother, Jose, who is a nurse. He is not home.

**Mila:** Hi, Rose, is Jose there?

**Rose:** No, he is out bowling tonight. What's wrong, *Ate*?\* You sound upset.

**Mila:** Cesar took Mama (Lola) to the market, and I'm worried because I do not feel well. My neck hurts, and I have been in a cold sweat. And it is hard for me to breathe. I think I should drive myself to the hospital. Can you watch the kids while I go to the hospital?

**Rose:** *Ate* Mila, it sounds like you are having a heart attack.. Do not drive yourself to the hospital. Call 9-1-1 right now! The medical team will treat you and get you to the hospital quickly.

**Mila:** No, I do not want to wake up the neighborhood and cause a big scene with the siren and lights. Also, I do not want to scare the kids. It is easier to drive myself to the hospital.

**Rose:** *Ate*, no! Call 9-1-1 right now! Once the ambulance comes, the medical team can start medical care immediately. And people who arrive by ambulance tend to get faster treatment when they get to the hospital.

You may not think you are having a heart attack because you've never had one before, but your symptoms sound like those of a heart attack. Call 9-1-1 right now. I am coming over.

**Mila:** Okay, Rose. I will call. Thank you.

\* *Ate* refers to an elder sister.

# My Emergency Card

Cut along dotted lines. Fold card in half and paste with a glue stick (Fold 1).  
Fold in half again to make your own personal wallet card (Fold 2).

(Fold 2)

## My Emergency Card

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Emergency Contacts:

Name	Relationship	Phone

Family Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

Local Clinic/Hospital: \_\_\_\_\_

Phone: \_\_\_\_\_

### Emergency Numbers

Fire Department: \_\_\_\_\_

Local Police Department: \_\_\_\_\_

(Fold 1)

### Do you have any of the following conditions?

Heart Disease \_\_\_\_\_ ☐ Yes ☐ No  
 Previous Heart Attack \_\_\_\_\_ ☐ Yes ☐ No  
 High Blood Pressure \_\_\_\_\_ ☐ Yes ☐ No  
 Diabetes \_\_\_\_\_ ☐ Yes ☐ No  
 Other \_\_\_\_\_

Current Medications: \_\_\_\_\_

Known Allergies: \_\_\_\_\_

Other Information: \_\_\_\_\_

# Aking Card na Pangkagipitan

*Gupitin sa tuldok-tuldok na mga linya. Itupi sa kalahati ang card at idikit gamit ang isang glue stick (1 Tupi). Muling tupin sa kalahati upang magawa ang iyang sariling pampersonal na card na pang-wallet (2 Tupi).*

## Aking Card na Pangkagipitan

Pangalan: \_\_\_\_\_

Kapanganakan: \_\_\_\_\_ Telepono sa Bahay: \_\_\_\_\_

Mga Contact na Pangkagipitan:

Pangalan	Kaugnayan	Telepono

Duktor ng Pamilya: \_\_\_\_\_

Telepono: \_\_\_\_\_

Panlokal na klinika/Ospital: \_\_\_\_\_

Telepono: \_\_\_\_\_

### Mga Nunerong Pangkagipitan

Fire Department: \_\_\_\_\_

Nayroon ka ba ng anumang mga sumusunod na kundisyon?

Sakit sa puso ☐ Oo ☐ Hindi  
 Aake sa Puso Kamakailan ☐ Oo ☐ Hindi  
 Mataas na presyon ng dugo ☐ Oo ☐ Hindi  
 Diyabetis ☐ Oo ☐ Hindi  
 Iba pa \_\_\_\_\_

Mga kasalukuyang Paggagamot: \_\_\_\_\_

Mga Alam na Allergy: \_\_\_\_\_

Other Information: \_\_\_\_\_

(1 tupi)

# Lola's Life Lessons: Session 2

One of my favorite proverbs is:

*"Kung ano ang ginawa mo, ay siya ring babalik sa'yo."*

Translation: The act of self goes back to self.

My *tatay* (father) used to say this proverb all the time. He believed that the choices we made early on in life would affect our future. Making the best choices may not be the easiest path to take, but we have the power to move our lives in the right direction. Last year, my youngest son in Manila had a heart attack. The hospital said we were lucky that Santiago's friends called the ambulance right away.

I was shocked when I heard the news. The only thing I ever wanted in life was for my family to be safe and healthy. I felt it was my fault, and maybe I should have taken better care of him when he was younger. But the doctor told us that there are some things we cannot control and others that we can control.

So, our family made changes to those things that we can control, like being prepared in case of an emergency. We learned the heart attack signs, and we keep all of our emergency cards by the phone. The entire de la Cruz family—even the children—knows that calling 9-1-1 immediately can save a life. Always remember, "the act of self goes back to self."

## A Time To Reflect...

Think about your daily routine. What choices have you made to lower your risk and your family's risk of a heart attack? What are some new choices that can help you and your family act in time to heart attack signs?

(Use this space to write down your thoughts for this week's session.)

# Pledge for Life! Session 2

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Take the pledge for life with Lola Idad. Try to do at least one of these activities by yourself, with family, and/or share the activities with others.

- ☐ Learn the heart attack warning signs.
- ☐ Talk with family and friends about the warning signs and the need to call 9-1-1 in less than 5 minutes.
- ☐ Remind your family and friends that it is better to be cautious and call 9-1-1 than be embarrassed about a false alarm.
- ☐ Talk to your doctor about your heart attack risk.
- ☐ Share your emergency card with other family members and/or friends.
- ☐ Encourage family members and friends to have their own plans and emergency cards.
- ☐ Remind your family and friends that both men and women are vulnerable to heart attack.
- ☐ Check your blood pressure and cholesterol levels regularly.
- ☐ Try to learn about your family's history regarding risk factors associated with heart disease and cause of death.
- ☐ Other \_\_\_\_\_

# Role Play: Mila and Cesar Dance Their Way to Heart Health

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Cesar and Mila's two daughters take a folk dancing class. Their friend Helena's son, Jun, also takes the class. Mila, Cesar, and Helena are talking while waiting for the children to finish folk dance practice.

**Helena:** This is Jun's first time performing on stage. He is a little nervous about dancing at next month's festival—and so am I!

**Mila:** Yes, but it is good for the kids. They love coming to practice, because they get to see their friends. And they learn about the Philippine culture. But I really like these classes, because once the kids have finished practicing, we adults get to dance!

**Cesar:** Yes! We usually do line or ballroom dancing. We have had so much fun that we asked the dance teacher to make it weekly.

**Helena:** Really? Aren't we too old for that?

**Mila:** Oh, no! It gets us in shape for all the parties—the cotillions, weddings, and formal parties. Sometimes, the kids even join the line dancing.

**Helena:** That sounds like fun, but I do not have a lot of time.

**Cesar:** It is not really a lot of time. Since we are already here for the kids, it works out perfectly. We get to catch up with everybody and be a little physically active, too. The children love seeing us dance!

**Mila:** I was shy about getting started, but now I cannot wait for dance practice. This is a great physical activity that Cesar and I love doing! My doctor told me I need to stay physically active, and this is a great way to get your heart pumping and have fun, too.

**Cesar:** Please join us, Helena! Dancing will keep your heart and spirit young. The steps are simple. I will go slowly.

**Helena:** I do like this song—and I have always wanted to learn the steps. Okay—I will try it!

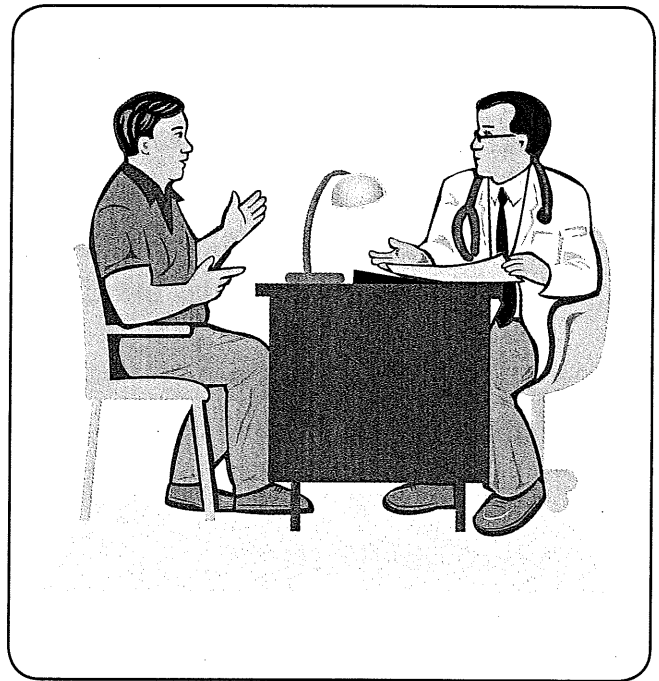


# Getting Started With Physical Activity

It's very important to know whether to talk with a doctor before starting a physical activity program.

In the list below, check which people should see a doctor before they begin a physical activity program.

- ☐ Manuel is 65 years old and had a heart attack 10 years ago, but he is fully recovered.
- ☐ Valentina is 32 years old and had a healthy baby 8 months ago.
- ☐ Francisco is 38 years old and has diabetes, but he controls his condition very well with medication.
- ☐ Roselle is 35 years old and wants to start being more physically active to lower her high blood pressure and help herself to quit smoking.
- ☐ Bella is 27 years old and in good health, and she wants to start running.
- ☐ Roberto is 57 years old and broke his leg 2 years ago, but it healed very well. He walks every day but wants to start jogging.



# Getting Started With Physical Activity:

## Lola Idad's Answers

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- ☒ Manuel **should** see a doctor before starting a physical activity program, because he has had a heart attack. Even though he is fully recovered, he should still check with his doctor.
- ☐ Valentina **does not need** to see a doctor before starting a physical activity program. Having a baby is not a risk factor, and she is young.
- ☒ Francisco **should** see a doctor before starting a physical activity program, because he has diabetes. Even though he is young and he controls his condition very well with medication, he should still check with his doctor.
- ☒ Roselle **should** see a doctor before starting a physical activity program, because she has two risk factors: high blood pressure and smoking.
- ☐ Bella **does not need** to see a doctor before starting a physical activity program. Even though she wants to start a harder activity, such as running, she is young (less than 50 years old) and in good health.
- ☒ Roberto **should** see a doctor before starting a physical activity program. His broken leg is not a factor, but he should check with the doctor first because he wants to start a harder physical activity program, and he is more than 45 years old.



# Take Heart—Say Yes to Physical Activity

Regular physical activity can help your heart and lungs work better; lower your blood pressure, blood cholesterol, and blood glucose (blood sugar); and help you control your weight. It can also help you relax, feel less tense, sleep better, have more energy, and feel better about yourself. Physical activity can reduce your risk for diabetes and some types of cancer.



**Make staying active part of your life.**

**Lola Idad has learned that the more physical activity you do, the easier it gets.**

I do not wait until the end of the day when I am too tired to do any physical activity. I am active throughout the day. I take the stairs instead of the elevators and walk everywhere I can. Now I am up to walking 60 minutes a day with my friend Victoria. It helps to walk with someone. We are so busy talking, we walk even longer.



# Take Heart—Say Yes to Physical Activity *(continued)*

**Keep moving. Start slowly and work your way up!**

Try to do at least 30 minutes of activity every day. If you're short on time, try three or more 10-minute periods.

## **Start with light activities**

- Slow walking
- Watering the lawn or garden
- Light house cleaning
- Fishing



## **Move to moderate activities**

- Walking at a brisk pace
- Gardening (mowing, raking)
- Dancing
- Doing home repairs
- Practicing tai chi or yoga
- Washing windows and scrubbing floors
- Playing baseball
- Bowling



## **Increase to vigorous activities**

- Playing tennis
- Playing basketball
- Practicing martial arts
- Running or jogging
- Bicycling fast or uphill
- Doing aerobics
- Swimming laps
- Jumping rope
- Roller skating
- Doing heavy construction work



## **Other things to do to help you and your family get started:**

- Leave a pair of walking shoes in your car.
- Set a date and time with a coworker to begin walking.



Lola and her family have all increased their physical activity. They now dance and go for walks at the local park on weekends. Cesar, Ric, and Antonio have started a community basketball league at the local community center.

**Your health and your family's health are priceless. Value it!**

# Lola's Tips for Staying Motivated

Staying physically active is challenging, but do not give up! Use this sheet to help you plan your physical activity.

- ☐ **Choose a physical activity that fits your lifestyle.**

The physical activity I chose is \_\_\_\_\_.

- ☐ **Set goals.**

My short-term goal is to \_\_\_\_\_ times a week.

My long-term goal is to \_\_\_\_\_ times a week.

- ☐ **Start slowly.**

My comfortable pace is \_\_\_\_\_.

- ☐ **Get some support.**

I will ask \_\_\_\_\_ to join me in physical activity.

- ☐ **Have fun!**

- ☐ **Add variety.**

Different activities that I can do to stay physically active are \_\_\_\_\_.

\_\_\_\_\_.

- ☐ **Be flexible.**

I will take time to rest when I feel \_\_\_\_\_.

- ☐ **Track your success.**

I will keep a record of my progress in a \_\_\_\_\_.

- ☐ **Reward yourself.**

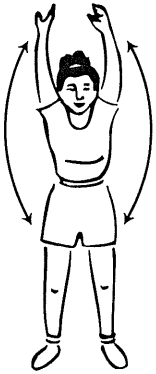
My reward for doing physical activity regularly is \_\_\_\_\_.

My reward for reaching my physical activity goal(s) is \_\_\_\_\_.

Adapted from "Your Fitness Program: Tips for Staying Motivated," Mayo Clinic.

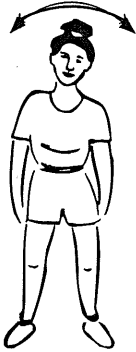
# Stretching Activities

Do these stretches gently and slowly. Do not bounce.



## 1. Deep Breathing

Arms up, breathe in.  
Arms down, breathe out.  
Two times each.



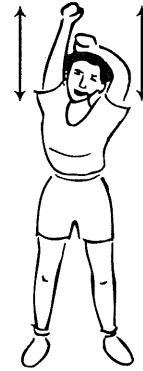
## 2. Neck Stretching

Side to side two times.



## 3. Shoulder Stretches

Up and down five times on each side.



## 4. Side Stretches

Up and down five times in each direction.



## 5. Waist Stretches

Side to side three times in each direction.



## 6. Twists

Side to side three times in each direction.



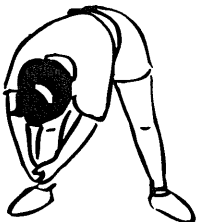
## 7. Back and Leg Stretches

Down and up five times.



## 8. Back Stretch

Arms through legs six times.



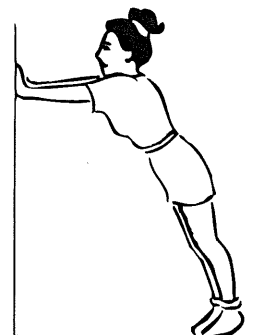
## 9. Leg Stretch 1

Hold onto ankle, four times on each side.



## 10. Leg Stretch 2

Down and up five times.

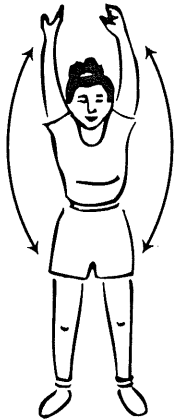


## 11. Leg Stretch 3

Move heels up and down six times.

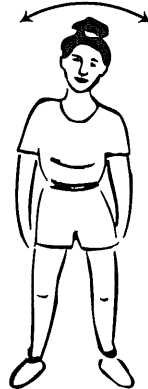
# Magsimulang Kumilos Sa Mga Aktibidad sa Pag-uunat

Gawin ang mga pag-uunat na ito nang banayad at dahan-dahan. Huwag magpatalbug-talbog.



## 1. Malalim na Paghinga

Itaas ang mga braso, huminga paloob. Ibaba ang mga braso, huminga palabas. Dalawang beses bawat isa.



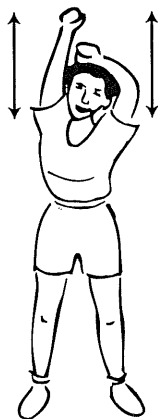
## 2. Pag-unat ng Leeg

Gilid sa gilid dalawang beses.



## 3. Pag-unat ng Balikat

Itaas at ibaba limang beses sa bawat bahagi.



## 4. Mga Pag-uunat ng Gilid

Itaas at ibaba limang beses sa bawat bahagi.



## 5. Mga Pag-uunat ng Baywang

Gilid sa gilid tatlong beses sa bawat direksyon.

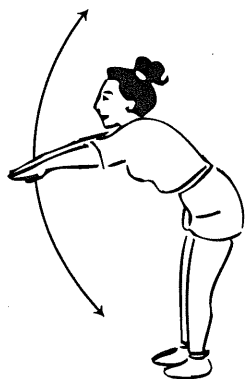


## 6. Mga Pagpipilipit

Gilid sa gilid tatlong beses sa bawat direksyon.

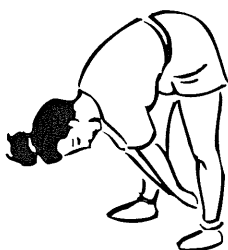
# Magsimulang Kumilos Sa Mga Aktibidad sa Pag-uunat *(continued)*

Gawin ang mga pag-uunat na ito nang banayad at dahan-dahan.  
Huwag magpatalbug-talbog.



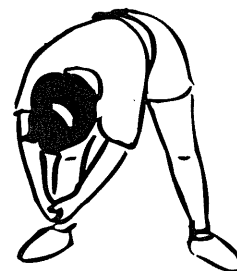
## 7. Mga Pag-uunat ng Likod at Binti

Pataas at pababa nang limang beses.



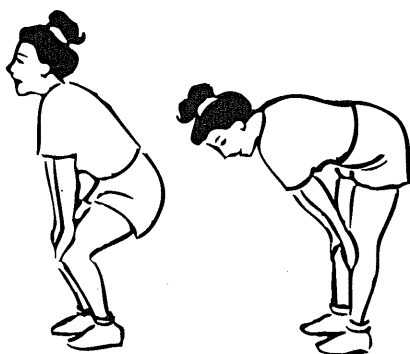
## 8. Pag-uunat ng Likod

Abutin ng mga braso ang mga binti nang anim na beses.



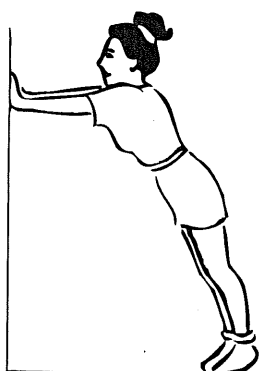
## 9. Pag-unat ng Binti 1

Hawakan ang bukung-bukong, apat na beses sa bawat bahagi.



## 10. Pag-unat ng Binti 2

Pataas at pababa nang limang beses.

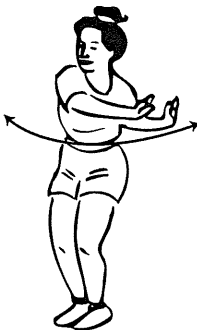


## 11. Pag-unat ng Binti 3

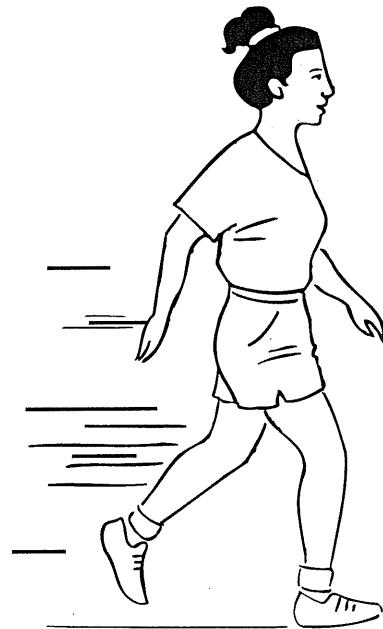
Igalaw ang mga sakong pataas at pababa nang anim na beses.



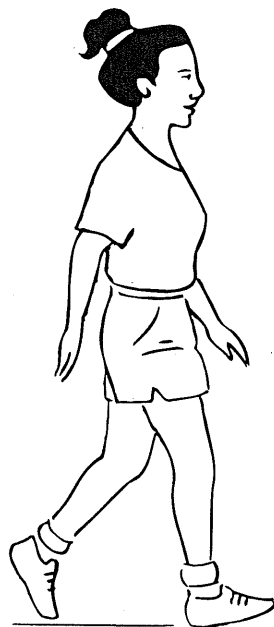
# Tips on Physical Activity



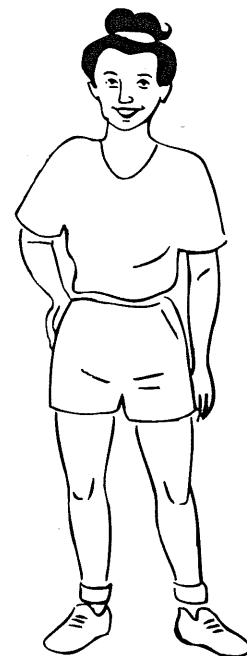
1. Walk slowly for 5 minutes. Then do stretching exercises. (See handout on stretching exercises.)



2. Walk briskly for 20 minutes.

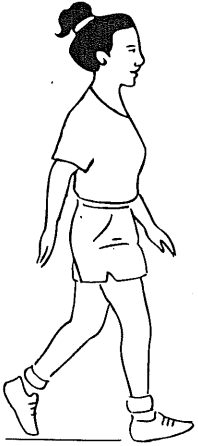


3. Walk slowly for 5 minutes.



4. Relax!

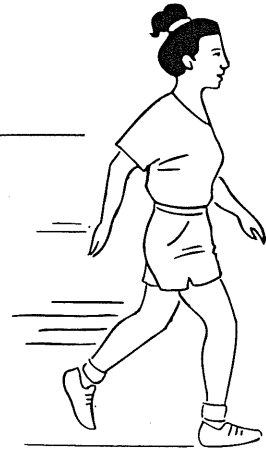
# Make Physical Activity Part of Your Life—My Personal Record



Name: \_\_\_\_\_

**Track your progress every day.  
Start out slowly.**

**Aim to reach 60 minutes or more each day!**



**Write down the number of minutes you are active each day.**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Example</b>	<i>5min.</i>	<i>5</i>	<i>10</i>	<i>10</i>	<i>15</i>	<i>15</i>	<i>15</i>
<b>Week 1</b>							
<b>Week 2</b>							
<b>Week 3</b>							
<b>Week 4</b>							
<b>Week 5</b>							
<b>Week 6</b>							
<b>Week 7</b>							
<b>Week 8</b>							

# Gawing Bahagi ng Iyong Buhay ang Pisikal na Aktibidad—Aking Personal na Tala

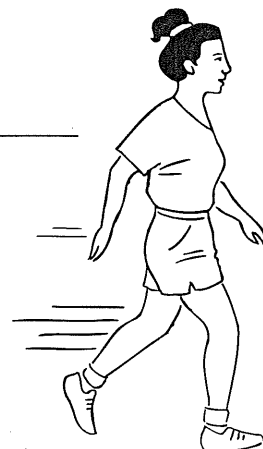


Pangalan: \_\_\_\_\_

**Subaybayan ang iyong progreso araw-araw. Magsimula nang dahan-dahan.**

**Maglayong makaabot ng 60 o higit pa sa isang araw.**

**Isulat ang bilang ng minutong aktibo ka sa bawat araw.**

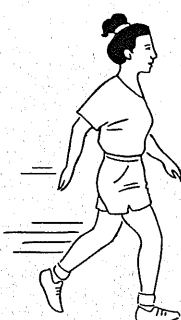


	Linggo	Lunes	Martes	Miyerkoles	Huwebes	Biyernes	Sabado
<b>Halimbawang 1 Linggo</b>	<i>5 min.</i>	<i>5</i>	<i>10</i>	<i>10</i>	<i>15</i>	<i>15</i>	<i>15</i>
Linggo 1							
Linggo 2							
Linggo 3							
Linggo 4							
Linggo 5							
Linggo 6							
Linggo 7							
Linggo 8							

# Sample Walking Program\*



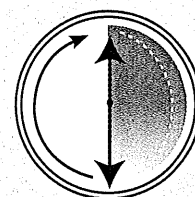
**Warm Up**



**Walk**



**Cool Down**



**Total Time**

<b>Week 1</b>	Walk slowly 5 minutes	Walk briskly 5 minutes	Walk slowly 5 minutes	15 minutes
<b>Week 2</b>	Walk slowly 5 minutes	Walk briskly 10 minutes	Walk slowly 5 minutes	20 minutes
<b>Week 3</b>	Walk slowly 5 minutes	Walk briskly 15 minutes	Walk slowly 5 minutes	25 minutes
<b>Week 4</b>	Walk slowly 5 minutes	Walk briskly 20 minutes	Walk slowly 5 minutes	30 minutes
<b>Week 5</b>	Walk slowly 5 minutes	Walk briskly 25 minutes	Walk slowly 5 minutes	35 minutes
<b>Week 6</b>	Walk slowly 5 minutes	Walk briskly 30 minutes	Walk slowly 5 minutes	40 minutes
<b>Week 7</b>	Walk slowly 5 minutes	Walk briskly 35 minutes	Walk slowly 5 minutes	45 minutes
<b>Week 8</b>	Walk slowly 5 minutes	Walk briskly 40 minutes	Walk slowly 5 minutes	50 minutes

\*Do every day of the week.

# Lola's Life Lessons: Session 3

One of my favorite proverbs is:

*"Walang mahirap na gawa pag dinaan sa tiyaga."*

Translation: "No undertaking is difficult if pursued with perseverance."

Perseverance means to have courage and diligence. My doctor told me that physical activity is important to health. When he told me that physical activity can help control my high blood pressure, I knew I had to make some changes. I soon learned what the doctor meant. After I am physically active, my mind and body feel stronger. I feel balanced.

Your Lola has not always been this strong. Trying to become more physically active has been challenging! In the Philippines, I used to walk everywhere. I would even walk very far away to get to the market. But when I first came to the United States, I did not feel safe walking around. My friends are not nearby, and the U.S. does not have markets like the Philippines!

Now, I do my morning stretches and go for a walk every day. In the afternoons, I play with little Jo-Jo after he comes home from school. Sometimes we walk to the park, or we dance together while I sing karaoke. Every Thursday, I play mahjong at my friend's house. Mila used to drive me, but now we walk together since it is only five blocks away and in a safe neighborhood.

It has not always been easy, but I do not give up! Nothing is impossible with perseverance.

## A Time To Reflect...

What things keep you from being more physically active? What changes can you make in order to become more physically active?

(Use this space to write down your thoughts for this week's session.)

# Pledge for Life! Session 3

---

Take the pledge for life with Lola Idad. Try to do at least one of these activities by yourself and/or share the activities with others.

- ☐ Park the car a few blocks away and walk for 10 minutes.
- ☐ Play with your children at the local park.
- ☐ Start a weekly walking club or dance group.
- ☐ Take an interest in a new hobby like ballroom dancing or tai chi.
- ☐ Join a community garden project, or start your own garden.
- ☐ Take the stairs instead of the elevator or escalator.
- ☐ Take a 10-minute walk with a coworker during lunch.
- ☐ Start a weekly bowling night with your friends.
- ☐ Dance to some music!
- ☐ Walk, do not drive, to your friend's house.
- ☐ Other \_\_\_\_\_

# Body Mass Index (BMI) Chart

Weight in Pounds (lbs)/Kilograms (kg)

	100 lbs 45 kg	110 lbs 50 kg	120 lbs 54 kg	130 lbs 59 kg	140 lbs 63 kg	150 lbs 68 kg	160 lbs 73 kg	170 lbs 77 kg	180 lbs 82 kg	190 lbs 86 kg	200 lbs 91 kg	210 lbs 95 kg	220 lbs 100 kg	230 lbs 104 kg	240 lbs 109 kg	250 lbs 113 kg
4'8" 1.46 m	22	25	26	29	31	34	36	38	40	43	45	47	49	52	54	56
4'9" 1.49 m	22	24	26	28	30	33	35	37	39	41	43	45	48	50	52	54
4'10" 1.47 m	21	23	25	27	29	31	34	36	38	40	42	44	46	48	50	52
4'11" 1.50 m	20	22	24	26	28	30	32	34	36	38	40	42	44	46	49	51
5'0" 1.52 m	20	22	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'1" 1.55 m	19	21	23	25	26	28	30	32	34	36	38	40	42	44	45	47
5'2" 1.57 m		20	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'3" 1.60 m		20	21	23	25	27	28	30	32	34	35	37	39	41	43	44
5'4" 1.63 m		19	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'5" 1.65 m			20	22	23	25	27	28	30	32	33	35	37	38	40	42
5'6" 1.68 m			19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'7" 1.70 m			19	20	22	24	25	27	28	30	31	33	35	36	38	39
5'8" 1.73 m				20	21	23	24	26	27	29	30	32	34	35	37	38
5'9" 1.75 m				19	21	22	24	25	27	28	30	31	33	34	35	37
5'10" 1.78 m				19	20	22	23	24	26	27	29	30	32	33	35	36
5'11" 1.80 m					20	21	22	24	25	27	28	29	31	32	34	35
6'0" 1.83 m					19	20	22	23	24	26	27	28	30	31	33	34
6'1" 1.85 m					19	20	21	22	24	25	26	28	29	30	32	33

Healthy Weight

Overweight

Obese

Height in Feet and Inches/Meters (m)

# Body Mass Index (BMI) Chart

Timbang sa Libras (lbs) at Kilo (kg)

	100 lbs 45 kg	110 lbs 50 kg	120 lbs 54 kg	130 lbs 59 kg	140 lbs 63 kg	150 lbs 68 kg	160 lbs 73 kg	170 lbs 77 kg	180 lbs 82 kg	190 lbs 86 kg	200 lbs 91 kg	210 lbs 95 kg	220 lbs 100 kg	230 lbs 104 kg	240 lbs 109 kg	250 lbs 113 kg
4'8" 1.46 m	22	25	26	29	31	34	36	38	40	43	45	47	49	52	54	56
4'9" 1.49 m	22	24	26	28	30	33	35	37	39	41	43	45	48	50	52	54
4'10" 1.47 m	21	23	25	27	29	31	34	36	38	40	42	44	46	48	50	52
4'11" 1.50 m	20	22	24	26	28	30	32	34	36	38	40	42	44	46	49	51
5'0" 1.52 m	20	22	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'1" 1.55 m	19	21	23	25	26	28	30	32	34	36	38	40	42	44	45	47
5'2" 1.57 m		20	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'3" 1.60 m		20	21	23	25	27	28	30	32	34	35	37	39	41	43	44
5'4" 1.63 m		19	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'5" 1.65 m			20	22	23	25	27	28	30	32	33	35	37	38	40	42
5'6" 1.68 m			19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'7" 1.70 m			19	20	22	24	25	27	28	30	31	33	35	36	38	39
5'8" 1.73 m				20	21	23	24	26	27	29	30	32	34	35	37	38
5'9" 1.75 m				19	21	22	24	25	27	28	30	31	33	34	35	37
5'10" 1.78 m				19	20	22	23	24	26	27	29	30	32	33	35	36
5'11" 1.80 m					20	21	22	24	25	27	28	29	31	32	34	35
6'0" 1.83 m					19	20	22	23	24	26	27	28	30	31	33	34
6'1" 1.85 m					19	20	21	22	24	25	26	28	29	30	32	33

Obese

Labis sa Timbang

Malusog na Timbang

Tangkad sa Piye at Pulgada at Metro (m)



# Do You Need To Lose Weight?

Let's follow these steps to find out if you need to lose weight.

## 1. Learn if your weight is healthy.

Weigh yourself. Use the BMI chart to find out whether your weight is in the healthy range for people your height. Find your weight on the top of the chart and circle it. Put your finger on the circled number, and lower your finger until you find the line that corresponds to your height. The shade of your square will show if your weight level is healthy, overweight, or obese.

My weight is:

- ☐ Healthy
- ☐ Overweight
- ☐ Obese



## 2. Measure your waist.

Measure your waist by placing the measuring tape snugly around your waist. A high waist measure increases your risk for heart disease.

Write down your waist measurement: \_\_\_\_\_

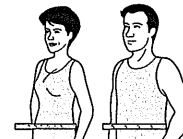


Your waist measurement is high if:

- Women—Your waist measure is greater than 35 inches (88 cm).
- Men—Your waist measure is greater than 40 inches (102 cm).

My waist measurement is:

- ☐ Healthy
- ☐ High



## 3. Find out if you need to lose weight.



Check off your weight level below to find out if you need to lose weight.

Level

Action

☐ Healthy Weight

- Good for you! Try not to gain any weight.

☐ Overweight

- It is important not to gain more weight.
- You need to lose weight if you are overweight **and**:
  - You have two or more heart disease risk factors, **or**
  - You have a high waist measurement.
- Ask your doctor or a registered dietitian for help.

☐ Obese

- You need to lose weight. Lose weight slowly—about 1 to 2 pounds (0.45–0.91 kg) a week. Ask your doctor or a registered dietitian for help.

# Commit to Losing Weight: Make Long-Term Changes!

Here is how  
Lola Idad  
found success.

I used to weigh 150 pounds (68 kg). I was able to lose weight by eating smaller portions of the foods I like and walking regularly. I also eat fewer fatty foods and sweets and more fruits and vegetables. After I lost 20 pounds (9.1 kg), my blood pressure went down. Now I stay at a healthy weight while still enjoying what I eat and walking on most days.



## Try these tips to get started.

- ♥ Eat fewer foods that are high in saturated fat—such as fried foods, pork rinds, canned meats, and sausage.
- ♥ Cut down on cakes, pastries, candy, and soft drinks.
- ♥ Eat more fruits, vegetables, and whole grains.
- ♥ Make stews with lean meat or skinless poultry and vegetables.
- ♥ Serve small portions, and eat salad if you are still hungry. Do not skip meals.
- ♥ Aim for 60 minutes of physical activity each day.



**Make your personal pledge to do what the de la Cruz family is doing! Look at these examples:**

### When shopping

Read labels to choose foods lower in calories.

### When cooking

Bake, steam, broil, or grill fish instead of frying it. Use vegetable oil spray instead of greasing the pan with oil or shortening.



### When eating

Have green beans and steamed rice with one piece of chicken instead of three pieces of chicken alone.

### Get active

If pressed for time, walk for 20 minutes three times a day: before work, during lunch, and with the family after dinner.



**Your health and that of your family is priceless. Value it!**

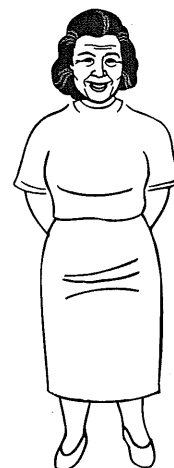
# Lola's Habits and Her Weight



Eat big portions.



Not being physically active.



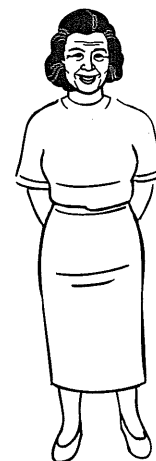
Gain weight.



Eat moderate portions.



Be physically active most days.



Maintain weight.



Eat small portions.



Be physically active most days.



Lose weight.

# Mga Kinagawian ni Lola at Kanyang Timbang



Kumain ng mga  
malalaking takal.



Hindi pagiging  
aktibong pisikal.



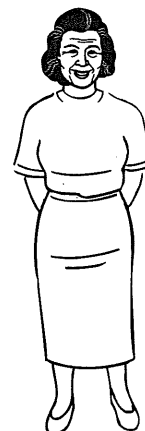
Madadagdagan ang  
timbang.



Kumain ng mga katamtaman  
na laki na takal.



Pagiging aktibong pisikal sa  
nakararaming mga araw.



Mananatili ang  
timbang.



Kumain ng mga  
maliliit na takal.



Pagiging aktibong pisikal sa  
nakararaming mga araw.

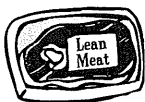


Mababawasan ang  
timbang.

# Lola's Tips To Help You Control Your Weight

## 1. Choose foods low in fat and low in calories. Try:

- ♥ Fat-free milk or low-fat (1%) milk instead of whole milk or coconut milk
- ♥ Cheeses marked "fat free" or "low fat" on the package
- ♥ Canned food labeled "light" or "lite"—Read the Nutrition Facts label!
- ♥ Fruits and vegetables without butter or sauce—Fruits and vegetables are low in calories and help you feel fuller.
- ♥ Steamed rice, cereals, and whole-grain noodles (pasta)
- ♥ Lean cuts of meat, seafood, and skinless chicken
- ♥ Water or low-calorie drinks instead of soft drinks and sugar-filled fruit drinks



## 2. Make foods the healthy way.

- ♥ Bake, steam, broil, or grill instead of frying foods.
- ♥ Prepare rice without lard or fatty meats.
- ♥ Use less high-fat cheese, lard, coconut oil, and butter when cooking.
- ♥ Use vegetable oil spray or a little bit of vegetable oil or tub margarine when cooking.
- ♥ Flavor salads with fat-free or low-fat mayonnaise or salad dressing.
- ♥ Marinate meats, poultry, and fish in a mixture of juice, garlic, onions, and herbs.



## 3. Limit your portion size.

- ♥ Serve smaller portions, and do not have second helpings. Have a salad if you are still hungry.
- ♥ Eat smaller meals and snacks throughout the day instead of having one big meal.
- ♥ When eating out, watch your portion sizes. Many restaurants now serve food portions that are too big. Share an entree, or bring half home.
- ♥ Go to buffets less often. Order from the menu.
- ♥ If you drink fruit juice, make sure it is 100 percent fruit juice. Keep an eye on the portion size. The calories in beverages add up quickly.

## 4. Get active! Say goodbye to excuses!

- ♥ Do your favorite physical activity for at least 60 minutes each day.

**Try this:** If you are pressed for time, walk for 20 minutes three times a day.

## 5. Aim for a healthy weight.

- ♥ Try not to gain extra weight. If you are overweight, try to lose weight slowly. Lose about 1 to 2 pounds (0.45–0.91 kg) a week. Losing even 10 pounds (4.5 kg) can help reduce your chances of developing heart disease.



# A Visit From Back Home: Embracing a Balanced Lifestyle Role Play

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Leticia (“Letty”), Lola’s youngest daughter, is visiting the United States from the Philippines. During her 2-week visit, Leticia begins learning tips for heart healthy living from her mother and family. Lola, Leticia, and Victoria (Lola’s friend and walking partner) are taking their daily morning walk in the park.

**Victoria:** Letty, it is good you are walking with us! You look like you have gained some weight, and you need to get moving!

**Leticia:** No, *Tita*,\* I am just really healthy! Actually, I want to lose some weight, but I do not have the time to cook healthy or to work out. I am really busy at work these days.

**Lola:** *Anak*,† even when I went back home last year, you were a lot slimmer. You tend to eat a lot when you are under stress. You have to be careful since our family has a history of heart disease and overweight. Even your brothers did not begin taking care of themselves until after they got sick. Look at your Mama. If I can lose weight, then you can, too.

**Leticia:** You do look healthy, Mama. I just had a checkup, and my BMI and waist measurement are high. The nurse said that my high BMI and the extra inches around my waist put me at higher risk for heart disease.

**Lola:** Just remember that a balanced lifestyle is important. Why would you pay more attention to your work than to your health?

**Leticia:** You are right, Mama.

**Lola:** You are still young, *anak*! You should have a lot of energy.



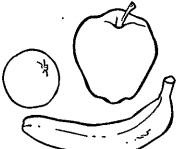


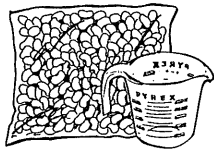


**Leticia:** Okay, okay! I will start by joining your daily walks and learn some new recipes while I am here. One step at a time, right?

**Victoria:** Do not worry, Idad! I know she will make us proud.

\**Tita* means “auntie” in Tagalog.

†*Anak* means “child” in Tagalog.

# Serving Sizes

Food Group	Serving Sizes
Grains*	 1 slice bread 1 ounce dry cereal† ½ cup steamed rice, cooked pasta, or cereal
Vegetables	 1 cup raw leafy vegetable ½ cup raw or cooked vegetable, cut up ½ cup vegetable juice
Fruits	 1 medium piece of fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice
Fat-free or low-fat milk and milk products	 1 cup fat-free or low-fat milk or yogurt ‡ 1½ ounces cheese
Lean meats, poultry, and fish	 1 ounce cooked (not fried) meat, poultry without the skin, or fish 1 egg§
Nuts, seeds, and legumes	 ⅓ cup or 1½ ounces nuts 2 tablespoons peanut butter 2 tablespoons or ½ ounce seeds ½ cup cooked legumes (dry beans and peas)
Fats and oils	 1 teaspoon tub margarine 1 teaspoon vegetable oil 1 tablespoon low-fat or fat-free mayonnaise 2 tablespoons low-fat or fat-free salad dressing
Sweets and added sugars	 1 tablespoon sugar 1 tablespoon jelly or jam ½ cup sorbet, gelatin 1 cup lemonade

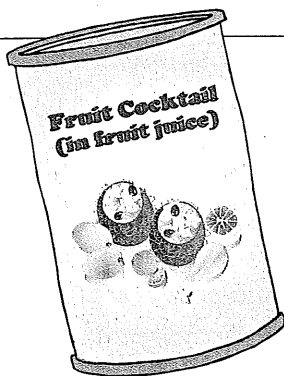
\* Whole grains are recommended for most grain servings as a good source of fiber and nutrients..

† Serving sizes vary between ½ cup and 1⅓ cups, depending on cereal type. Check the product's Nutrition Facts label.

‡ There are lactose-free alternatives available for people who are lactose intolerant.

§ Limit the number of egg yolks to four per week.

# Read the Nutrition Facts Label for Calories!



Nutrition Facts labels tell you what you need to know about choosing foods that are lower in calories. Here is a Nutrition Facts label for a can of fruit cocktail in fruit juice.

## Canned Fruit Cocktail (in fruit juice)

Nutrition Facts	
Serving Size ½ cup (110g)	
Servings Per Container 3.5	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 0g	
Vitamin A 4%	Vitamin C 4%
Calcium 0%	Iron 2%

### Amount Per Serving

The nutrient amounts are for one serving. So, if you eat more than one serving, you need to add nutrient amounts. For example, if you eat 1 cup of fruit cocktail, you are eating two servings. You would need to double the amount of calories on the label.

### Serving Size and Number of Servings

The serving size is ½ cup. There are 3½ servings in the can.

### Calories

The amount of calories in one serving is given here.

### Sugar

The amount of sugar is shown here.

## The Choice Is Yours—Compare!

### Which one would you choose?

Canned fruits packed in syrup have added calories. Read the Nutrition Facts label to choose fruits packed in fruit juice for a lower-calorie snack or dessert.

Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%

### Canned Fruit Cocktail (in Fruit Juice)

Canned fruit cocktail in fruit juice has 60 calories in a ½-cup serving.

Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%

### Canned Fruit Cocktail (in Heavy Syrup)

Canned fruit cocktail in syrup has 100 calories in a ½-cup serving—almost twice the calories found in a ½-cup serving of canned fruit cocktail in fruit juice. This is an important difference when trying to lose weight or maintain a healthy weight.

\* Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



# Lola's Snack Choices



Lola and her family like to have snacks when they watch television. Recently, she and Mila have noticed that the family has gained too much weight.

Use the Nutrition Facts labels to choose some tasty snacks that are lower in calories. What should the family eat?

Write the number of your choice for each pair in the space between the labels. Then write the number of calories saved by this choice.

## 1 – Shrimp-flavored Crackers

Nutrition Facts	
Serving Size 1¼ cup (30g)	
Servings Per Container 2.5	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 260mg	11%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 0%	

Lower  
calorie  
choice

Number  
of calories  
saved

## 2 – Popcorn (Air Popped)

Nutrition Facts	
Serving Size 1 cup (8g)	
Servings Per Container 4	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 1g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 7g	2%
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein</b> 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

## 3 – Apple

Nutrition Facts	
Serving Size 1 medium (154g)	
Servings Per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 920mg	0%
<b>Total Carbohydrate</b> 0g	8%
Dietary Fiber 0g	16%
Sugars 20g	
<b>Protein</b> 0g	
Vitamin A 0% • Vitamin C 6%	
Calcium 0% • Iron 0%	

Lower  
calorie  
choice

Number  
of calories  
saved

## 4 – Bibingka (Sweet Rice Cake)

Nutrition Facts	
Serving Size 1 slice (273g)	
Servings Per Container 4	
Amount Per Serving	
Calories 890	Calories from Fat 460
% Daily Value*	
<b>Total Fat</b> 51g	78%
Saturated Fat 37g	185%
Trans Fat 0g	
<b>Cholesterol</b> 219mg	73%
<b>Sodium</b> 1940mg	81%
<b>Total Carbohydrate</b> 99g	33%
Dietary Fiber 6g	24%
Sugars 44g	
<b>Protein</b> 15g	
Vitamin A 17% • Vitamin C 3%	
Calcium 105% • Iron 21%	

\* Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

# Lola's Snack Choices *(continued)*

## 5 – Whole Milk

Nutrition Facts	
Serving Size 236mL (1 cup)	
Servings Per Container 16	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	

Lower  
calorie  
choice

Number  
of calories  
saved

## 6 – Fat-Free Milk

Nutrition Facts	
Serving Size 236mL (1 cup)	
Servings Per Container 16	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	

## 7 – Chocolate Ice Cream

Nutrition Facts	
Serving Size ½ cup (66g)	
Servings Per Container 16	
Amount Per Serving	
Calories 170	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 40mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 2g	
Vitamin A 4% • Vitamin C 0%	
Calcium 6% • Iron 4%	

Lower  
calorie  
choice

Number  
of calories  
saved

## 8 – Popsicle

Nutrition Facts	
Serving Size 1 popsicle (88g)	
Servings Per Container 12	
Amount Per Serving	
Calories 45	Calories from Fat 80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

\* Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

# Lola's Snack Choices *(continued)*

## 9 – Canned Peaches (in Fruit Juice)

Nutrition Facts	
Serving Size ½ cup (110g)	
Servings Per Container 4	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 0g	
Vitamin A 8% • Vitamin C 2%	
Calcium 0% • Iron 0%	

Lower  
calorie  
choice

Number  
of calories  
saved

## 10 – Canned Peaches (in Heavy Syrup)

Nutrition Facts	
Serving Size ½ cup (110g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 0g	
Vitamin A 2% • Vitamin C 2%	
Calcium 0% • Iron 0%	

## 11 – Banana Chips

Nutrition Facts	
Serving Size 1 oz (308g)	
Servings Per Container 8	
Amount Per Serving	
Calories 150	Calories from Fat 78
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 0%	

Lower  
calorie  
choice

Number  
of calories  
saved

## 12 – Dried Prunes

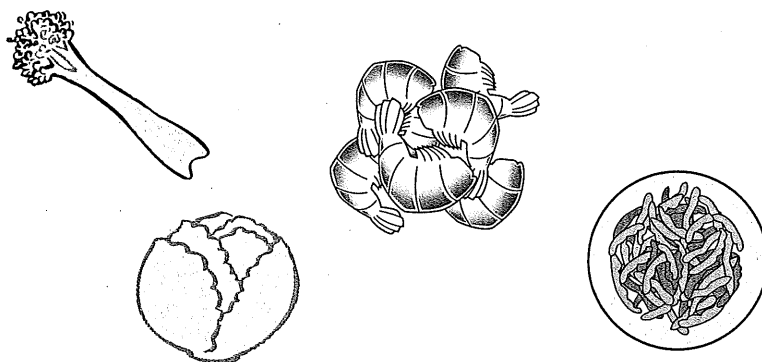
Nutrition Facts	
Serving Size 5 prunes (1.43 ounces)	
Servings Per Container 14	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 1g	
Vitamin A 8% • Vitamin C 0%	
Calcium 2% • Iron 2%	

\* Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

# Lumpiang Sariwa (Fresh Lumpia) Recipe

1/2 cup	cabbage, julienned
1/2 cup	green beans, julienned
1/2 cup	carrots, julienned
1/4 cup	celery, julienned
1/4 cup	<i>jicama</i> ,* julienned
1/2 cup	ground chicken or lean pork
1/2 cup	shrimp, cleaned and deveined
1/2 cup	chicken broth
8 pieces	red leaf lettuce
8	Vietnamese spring-roll wrappers or <i>lumpia</i> wrappers
2 cloves	garlic, chopped
1/4 teaspoon	salt
1/4 teaspoon	pepper
1/3 cup	dry roasted peanuts, chopped
1 tablespoon	olive oil

1. Heat oil, and saute ground meat with the shrimp and garlic.
2. Add vegetables until slightly crisp. Pour in the chicken broth until cooked.
3. Season with salt and pepper.
4. Set aside, and drain in a colander.
5. Save the broth for the *lumpia* sauce.
6. Soak the Vietnamese spring roll wrappers one at a time in water until soft and transparent. Dry immediately with a paper towel.
7. Lay the lettuce on the wrapper.
8. Place 2 tablespoons of the vegetable mixture on the wrapper.
9. Fold in one side of the wrapper and roll tightly.
10. Serve with *lumpia* sauce on top. Sprinkle with chopped peanuts.



\* *Jicama* looks similar to a turnip or a large radish. The water chestnut can be used as an alternative.

Source: Philippine Heart Center's Healthy Heart Cookbook.

# *Lumpiang Sariwa (Fresh Lumpia)*

## Recipe *(continued)*

### Lumpia Sauce

- |               |                                   |   |
|---------------|-----------------------------------|---|
| 1 cup         | broth from the sauteed vegetables | 1. Mix vegetable broth, soy sauce, brown sugar, and garlic together, and bring to a boil. |
| 1 tablespoon  | light soy sauce                   | 2. Mix the cornstarch in 2 tablespoons of cold water.                                     |
| 1 tablespoon  | brown sugar                       | 3. Slowly add the cornstarch mixture to the broth. Stir until sauce thickens.             |
| 3 cloves      | garlic, minced                    |   |
| 1 teaspoon    | cornstarch                        |   |
| 2 tablespoons | cold water for mixing cornstarch  |   |

#### Quick Facts

Your family will love this tasty recipe. The ingredients—ground chicken or pork, olive oil, peanuts, and fresh herbs and spices—add flavor. Also, the *lumpiang sariwa* is served fresh so it has fewer calories than fried *lumpiang*.

Yield:	Serving size:
8 servings	1 <i>lumpia</i>
Calories	160
Total Fat	4 g
Saturated Fat	0.5 g
Cholesterol	55 mg
Sodium	150 mg
Total Fiber	2 g
Protein	10 g
Carbohydrates	21 g
Potassium	170 mg

Source: *Mula sa Pusa*, Heart Healthy Traditional Filipino Recipes, American Heart Association, 1999.

# Lola's Life Lessons: Session 6

One of my favorite proverbs is:

*“Ang buhay ay parang gulong minsang nasa ibabaw, minsang nasa ilalim.”*

Translation: “Life is like a wheel; sometimes you are on top, sometimes you are on the bottom.”

Keeping your weight in the healthy range is important for heart health. Six months ago, our family set a goal. My kids made a pact to lose weight and live healthier lifestyles. Since I lost 20 pounds (9.1 kilograms) last year, my family sees that even old ladies like me can lose weight! They have helped me stay healthy, and now I am helping them.

Over the past few months, I have watched them struggle. I tell them that losing weight takes patience. Sometimes you are on top, and sometimes you are on the bottom. The key to losing weight is finding the right balance of physical activity and healthy eating. *Ang umaayaw ay di nagwawagi, ang nagwawagi ay di umaayaw.* (“A quitter never wins, a winner never quits.”) It can be frustrating, because it takes time and commitment to stay healthy.

Luckily, Mila helps me cook healthier meals, and Victoria is my faithful walking partner. I have found that if you have the patience and support of family and friends, you will find the right balance to help you achieve a heart healthy weight!

## A Time To Reflect...

What keeps you from maintaining a healthy weight? What changes can you make to have a balanced life?

(Use this space to write down your thoughts for this week's session.)

# Pledge for Life! Session 6

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Take the pledge for life with Lola Idad. Try to do at least one of these activities by yourself or share them with others.

- ☐ Know your BMI number.
- ☐ Know your waist measurement.
- ☐ Know the appropriate serving sizes for food and drinks.
- ☐ Shop for low-fat, low-calorie foods and drinks using the Nutrition Facts label.
- ☐ Choose a variety of fruits (fresh, frozen, or canned in fruit juice) and unsalted nuts for healthy snacks.
- ☐ Exchange heart healthy recipes with your friends and family.
- ☐ Avoid taking second helpings of food.
- ☐ When eating out, go to buffets less often. When getting carryout food, make healthy choices and select smaller serving sizes.
- ☐ Support your friends and family in their efforts to maintain a healthy weight.
- ☐ Other \_\_\_\_\_

