

HOW TO BE MORE ACTIVE



1 SET GOALS

Adults should get a weekly total of at least

150

minutes
of Moderate
Aerobic Activity*



OR

75

minutes
of Vigorous
Aerobic Activity*



*or a combination of the two^{1,2}



Over at least **3 Days** per week in sessions
of at least **10 Minutes** each.

AND



MUSCLE strengthening activity at least **2 Days**
per Week for additional health benefits

The American Heart Association recommends that adults who need
to lower blood pressure and/or LDL cholesterol should get moderate
to vigorous activity **3 to 4 Days per Week** in sessions averaging
40 Minutes each.²

KIDS & TEENS

should get at least **60 Minutes**
of physical activity every day.



2 TRY THESE TIPS



SCHEDULE

Break your exercise into easy daily
amounts! Try at least 30 minutes of activity
5 days a week, or 22 minutes every day.²



SET GOALS

Set realistic goals and make small, lasting
changes to set yourself up for success.



KEEP GOING

Once you reach these goals, don't stop.
Gradually increase your activity to gain
even more health benefits.



WALK MORE

There are many ways to get active. You
may find walking the easiest to stick
with over time. Walking more is a
simple, positive change you can make to
improve your heart health.

1. U.S. Department of Health and Human Services. (2008, October). 2008 Physical Activity Guidelines for Americans. No. U0036.

2. Eckel RH, Jakicic JM, Ard JD, de Jesus JM, Houston Miller N, Hubbard VS, Lee I-M, Lichtenstein AH, Loria CM, Millen BE, Nonsae CA, Sacks FM, Smith SC Jr, Svetkey LP, Wadden TA, Yanovski SZ. 2013 AHA/ACC guideline on lifestyle management to reduce cardiovascular risk: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. Circulation. 2014;129(suppl 2):S76-S99.



HOW TO EAT BETTER

Life's Simple



1 LEARN WHAT THE AHA RECOMMENDS

Make smart choices to build an overall healthy dietary pattern. These daily amounts are based on AHA's Healthy US-Style Eating Pattern for 2,000 calories per day. There is a right number of calories for you, based on your age, activity level and whether you are trying to lose, gain or maintain your weight. Cup/ounce equivalents may vary for different types of food.



Vegetables

fresh, frozen, canned and dried

5 servings
or 2.5 cups



Fruits

fresh, frozen, canned and dried

4 servings
or 2 cups



Grains

at least half should be whole grains

6 servings
or 6 ounces



Dairy

low-fat (1%) and fat-free

3 servings
or 3 cups



Proteins

fish, skinless poultry, lean meat, eggs, nuts, seeds, beans and legumes

2 servings
or 5.5 ounces



Oils

polyunsaturated and monounsaturated

3 tablespoons

2 READ NUTRITION LABELS

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%

Learning how to read and understand food labels can help you make healthier choices.

LIMIT

sugary drinks, sweets, fatty or processed meats, salty foods, and highly processed foods

AVOID

partially hydrogenated oils, tropical oils, and excessive calories

3 TIPS FOR SUCCESS

Goal setting and making small changes can help set you up for success.



WATCH CALORIES

Eat only as many calories as you use up through physical activity. Understand serving sizes and keep portions reasonable.



COOK AT HOME

Take control over the nutritional content of your food by learning healthy preparation methods.



LOOK FOR THE HEART-CHECK

The Heart-Check mark helps you find foods that can be part of a healthy eating plan.



LEARN THE SALTY SIX

Limit the amount of sodium you're eating each day. Learn the Salty Six — common foods loaded with excess sodium.

Cold Cuts & Cured Meats

Pizza

Soup

Breads & Rolls

Sandwiches

Burritos & Tacos

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HOW TO MANAGE WEIGHT

1 KEEP TRACK

Understanding how many calories you take in and your activity level can help you identify changes you want to make. To lose weight, you need to burn more calories than you eat.



REDUCE CALORIES IN:

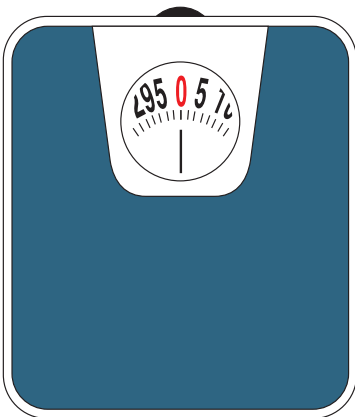
Keeping track of what and how much you're eating can help you know whether you're eating out of habit, stress or boredom instead of real hunger.



INCREASE CALORIES OUT:

An activity tracker can help you learn how much physical activity you currently get.

2 LEARN YOUR BMI



Body Mass Index (BMI) is a numerical value of your weight in relation to your height. It can help you know whether you're at a healthy weight or need to lose weight.

3 TIPS FOR SUCCESS

Goal setting and making small changes can help set you up for success.



CONTROL PORTIONS

Learn about portion sizes and how much you might really be eating.



GET ACTIVE

Find 30 minutes in your day to get physically active! You can get health benefits even if you split it into two or three 10- to 15-minute segments a day.



EAT SMART

Follow a healthy eating pattern that emphasizes fruits and vegetables and includes whole grains, low-fat and fat-free dairy products, skinless poultry, fish, lean meat, beans and legumes, and nuts. Limit sugary foods and drinks, fatty or processed meats, salty foods, and highly processed foods. Make smart substitutions when cooking, snacking and dining out.

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HOW TO STOP SMOKING

Life's Simple



1 EDUCATE YOURSELF

The first step to quitting smoking is to understand your risks associated with tobacco use, but there's a lot more to quitting than frightening statistics. Your journey to smoke-free living will have many positive health benefits.^{1,2}

20

minutes after quitting: your **blood pressure** and **heart rate** **recover** from the nicotine-induced spike.

12

hours of smoke-free living: the carbon monoxide levels in your blood **return to normal**.

2

weeks to three months of smoke-free living: your **circulation** and **lung function** **begin to improve**.

1

month to nine months of smoke-free living: clear and deeper **breathing** **gradually returns**.

1

year after quitting, your **risk** of coronary heart disease **is reduced** by 50 percent.

5

years after quitting, your **risk** of stroke is **similar to** that of a **nonsmoker**.

2 MAKE A PLAN TO QUIT

You're more likely to quit smoking for good if you prepare by creating a plan that fits your lifestyle.

SET a quit date within the next 7 days.

CHOOSE a method: cold turkey or gradually.

DECIDE if you need help from a healthcare provider or nicotine replacement.

PREPARE for your quit day by planning how to deal with cravings and urges to smoke.

QUIT on your quit day.

3 TIPS FOR SUCCESS

Goal setting and making small changes can help set you up for success.



DEAL WITH URGES

Whether physical or mental, learn your triggers and make a plan to address them. Avoid situations that make you want to smoke until you're confident that you can handle them.



GET ACTIVE

Physical activity can help you manage the stress of not smoking.



HANDLE STRESS

Learn other healthy ways to manage the stress of quitting.



GET SUPPORT

A buddy system or support program can help you work through problems you might have when quitting smoking.



STICK WITH IT

Quitting smoking takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward. Get back on course as soon as possible to stay on track and kick the habit for good.

1. U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.
2. U.S. Department of Health and Human Services. The Health Consequences of Smoking: What It Means to You. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004.

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