

LOVE YOUR HEART

Here are a few steps you can take to be heart-healthy:

KNOW YOUR NUMBERS

Know your heart health numbers to screen and control for high blood pressure, high cholesterol, and diabetes. These numbers include your blood pressure, cholesterol and triglyceride levels, and glucose and A1c levels. Talk to your doctor about getting checked. Visit www.heart.org/conditions to learn more about how to “know your numbers.”

GET ACTIVE

Perform moderate physical activity for at least 30 minutes five days a week (you can also conduct three 10-minute sessions daily)—and make it fun! Try organizing a walking club with your friends and family. Get outside and enjoy the many beautiful trails and parks we have in New Bedford! Visit <http://www.newbedford-ma.gov/parks-recreation-beaches>

EAT HEART-HEALTHY FOODS

Eat fresh fruits and vegetables whenever possible – at least 5 servings each day, low-fat or non-fat dairy, and foods high in fiber. Avoid foods high in sodium, saturated and trans fats, and sugar. Visit www.heart.org/nutrition for healthy eating ideas.

AVOID TOBACCO

If you are a smoker quit now! Call the Massachusetts smoking cessation hotline at: 1-800-QUIT-NOW, or Visit www.makesmokinghistory.org/



LIVE WELL
SAN DIEGO

