



I want to lower
my risk of
heart disease.

I'm ready now.

Keys to a healthy heart

Living with high blood pressure, high cholesterol or diabetes? Manage your health with these tips.

Stay active.

Make 30 minutes of exercise a part of your daily routine. Talk to your doctor about what activities are safe for you.

Eat right.

Choose vegetables, fruits, whole grains, lean meats and low-fat dairy products to get the nutrients you need.

Know your fats.

Your best choices are olive and canola oils. Avoid butter, meat fats and trans fats found in snack foods and chips.

If you smoke, quit.

Smoking damages your heart and arteries. Go to our Web site for ways to quit.

Know your blood pressure.

The only way to know for sure if you have high blood pressure is to have it checked. Healthy blood pressure is less than 120/80; people with diabetes should be below 130/80.

Ask your doctor about a test to check your cholesterol numbers.

LDL, or "bad cholesterol," builds up in arteries and clogs the blood flow. HDL, "or good cholesterol," protects against heart disease. Aim for an LDL of less than 100 and an HDL of more than 40.

For more heart health information and tools, visit www.providence.org/php/healthbalance.



What's a serving size?

- 3 ounces meat/fish (the size of a deck of cards)
- 1 ounce cheese (the size of four dice)
- ½ cup pasta (the size of a tennis ball)