

Building heart-healthy habits for exercise and diet



Make changes one step at a time

When you have heart disease, or are at risk for it, it can mean making some changes. Where do you start? You can start by taking a single step. With practice each day, you may find that your heart-healthy *change* has become a heart-healthy *habit*. **Read the tips below.** Check off 1 or more to try.

Tips for being more active

Aim for 30 minutes of being active each day. Start with 10 minutes and work up to 30 minutes. Before starting any exercise activity, talk with your doctor about physical activity that is safe and right for you.

If you often . . .

Read a magazine during your lunch break
Search for the parking space closest to the mall
Take the elevator
Sit at the kitchen table and talk with a friend

Try this instead . . .

<input type="checkbox"/> Take a walk
<input type="checkbox"/> Choose a parking space far away from the entrance
<input type="checkbox"/> Take the stairs
<input type="checkbox"/> Take a walk with your friend

Tips for healthy eating

Try to eat foods that are low in salt. Eat fresh fruits and vegetables as part of your meals and snacks.

If you usually . . .

Eat a cookie for dessert
Deep-fry your chicken
Use salt to season your food
Drink regular soda
Drink whole milk
Eat everything on your plate in a restaurant

Try this instead . . .

<input type="checkbox"/> Eat an apple
<input type="checkbox"/> Grill or broil your chicken
<input type="checkbox"/> Season your food with herbs, spices, or lemon
<input type="checkbox"/> Drink water or seltzer
<input type="checkbox"/> Drink low-fat or fat-free milk
<input type="checkbox"/> Cut your portion in half. Take the rest home

Talk to your doctor about making heart-healthy changes.