

7 STEPS to Prevent HEART DISEASE



QUIT SMOKING

If you don't smoke, don't start.
If you do, VA can help you quit.



MAINTAIN HEALTHY WEIGHT

Strive for a body mass index (BMI) between 18.5 and 24.9.



CONTROL BLOOD SUGAR

Aim for a fasting blood sugar level less than 100 mg/dL.



EAT BETTER

Choose healthier foods such as fruits, vegetables and whole grains.



MONITOR BLOOD PRESSURE

Get checked every year
for hypertension.



WATCH CHOLESTEROL

Healthy levels range between
125 and 200 mg/dL.



EXERCISE REGULARLY

Get at least 30 minutes a day
to reduce strain on your heart.

52 Ways To Prevent Heart Disease

Jeanne L. Tillotson, Stephen B. Hulley



52 Ways To Prevent Heart Disease:

52 Ways to Prevent Heart Disease Terry T. Shintani, Janice M. T. Miller, 1993 [52 Ways to Walk](#) Annabel Abbs-Streets, 2022-02-22 52 Ways to Walk is a short user friendly guide to attaining the full range of benefits that walking has to offer physical spiritual and emotional backed by the latest scientific research to inspire readers to develop a fulfilling walking lifestyle We think we know how to walk After all walking is one of the very first skills we learn But many of us are stuck in our walking routines forever walking in the same place in the same way for the same time with the same people With its thought provoking and evidence backed weekly walk routine 52 Ways to Walk will encourage everyone to improve how they walk while also encouraging them to seek out new locations many on their own doorsteps new walking companions our brains age better when we mix up our fellow walkers new times of the day and night and new skills to acquire while walking Inspirational backed by science illuminated with human anecdote and bolstered with how to tips 52 Ways to Walk will inspire challenge support and encourage everyone to become more ambitious with their walking practice revealing how walking may be the best kept secret of the supremely healthy and happy the creative and well slept those with the best posture and sharpest memories Just about everything it appears can be improved and enhanced by clever and judicious walking It turns out you actually can get more from life one step at a time *52 Ways to Beat Diabetes* Bottom Line Inc., 2017-08-01 In 52 Ways to Beat Diabetes the editors of Bottom Line Inc give you an entire year of tips ideas and actions on how you can beat diabetes now from some of the top health experts in the world This short easy primer is specially designed to give diabetic readers concise quick tips and tricks for a healthy and vibrant healthy lifestyle Articles include Manage your blood sugar Fight back with natural treatments Discover simple easy exercises Whether you re hoping to live better with diabetes or facing the first shock of a diagnosis Bottom Line is here to help you start your journey towards tackling diabetes **Lists to Live By: the First Collection** , 2004-10-20 This treasury of to the point inspiration two hundred lists is loaded with invaluable insights for wives husbands kids teens friends and more These wide ranging ideas can change your life [140 Heart attack prevention tips](#) Mansoor Muallim, You should discover approach to bring down your heart diseases chance early regardless of how old you are Heart attack prevention can fortify and ensure your heart without taking any medications Lower your danger of coronary illness by following a solid presence of mind way to deal with eating regimen wellness rest and that is only the tips of the iceberg In spite of the fact that you don t have any issue with your heart now you should keep an eye out since the malady in one of the significant dangers to human at this point You should discover approach to bring down your coronary illness chance early regardless of how old you are There are many things that we can improve the situation model eating great working out decreasing pressure and so on Shockingly these exercises should be adjusted as we become more seasoned In this application we will give you a few tips on the most proficient method to maintain a strategic distance from coronary illness The heart is the organ that props us up nonetheless coronary illness can assault this organ in

the event that we don't try to think about it by the manner in which we experience our lives and the sort of way of life decision we make A long life and sound heart can be advanced with a couple of positive changes in our everyday schedules

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