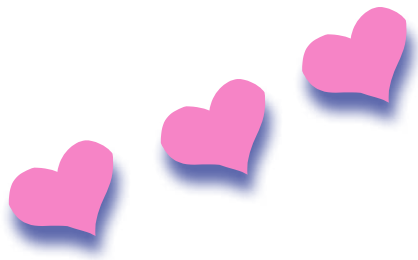


## Keep High Blood Pressure in Check

- Know your numbers – normal blood pressure is less than 120/80 mm Hg.
- Stop smoking.
- Shed extra pounds.
- Exercise regularly.
- Cut down on salt, alcohol and caffeinated beverages.
- Take medications as prescribed.

## Activate Your Lifestyle

- Build up to 30 minutes of daily exercise, five or more days a week. Accumulate your 30 minutes over the day.
- Choose activities you enjoy.
- Count leisure-time physical activities such as walking, gardening, yard work, dancing, golf and tennis.



## For Women Only

Heart disease is not just a man's problem. Heart disease is the number one killer of women. One in three women dies from heart disease.

- If you are in the child-bearing years, talk to your doctor about the risks and benefits of using birth control pills.
- If you are menopausal or post-menopausal, talk to your doctor about the risks and benefits of hormone replacement therapy.

For more information on heart health, contact:

Visit the Extension Health Program Web site at <http://fcs.tennessee.edu/healthsafety/index.htm>

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## Change Your Life, for the Life of Your Heart



a wellness publication written by  
**Barbara (Bobbi) P. Clarke, PhD, RD**  
 Professor, Community Health Education  
 Family and Consumer Sciences

You can protect your health and reduce your risk of heart disease by learning self-care skills and making lifestyle changes.

(✓) Check those health actions you plan to try.

## Know About Heart Disease

- Heart disease usually develops slowly and silently.
- It may not cause symptoms for years.

## Reduce These Risk Factors

- Control your blood sugar.
- Maintain a healthy weight.
- Cope with stress.
- Control your blood cholesterol.
- Control your blood pressure.



## Control Your Blood Cholesterol

- Fill your plate with whole grains, fruits and vegetables.
- Eat less fat, especially saturated fat, trans fat and cholesterol.
- Slim down if you are overweight.
- Get regular exercise.
- Take cholesterol-lowering medications as prescribed.

## Know Your Blood Cholesterol Numbers

| Circle Your Number     |            |            |               |
|------------------------|------------|------------|---------------|
|                        | Desirable  | Borderline | Undesirable   |
| Total Cholesterol      | under 200  | 200-239    | 240 or higher |
| LDL (Bad) Cholesterol  | under 100  | 100-129    | 130 or higher |
| HDL (Good) Cholesterol | 60 or more | 40-59      | under 40      |
| Triglycerides          | under 150  | 150-199    | 200 or higher |

## Break the Smoking Habit

- Stop smoking. Did you know:
  - Smokers are up to six times more likely to suffer a heart attack than non-smokers.
  - Smoking damages arteries and promotes blood clots.
  - Quitting cuts the risk of heart disease in half by the end of one year.

