

# TRY THE ONE WEEK TO BETTER HEART HEALTH CHALLENGE



## Day 1

### Make a plan

Create a list of realistic and obtainable goals for your fitness and overall health.

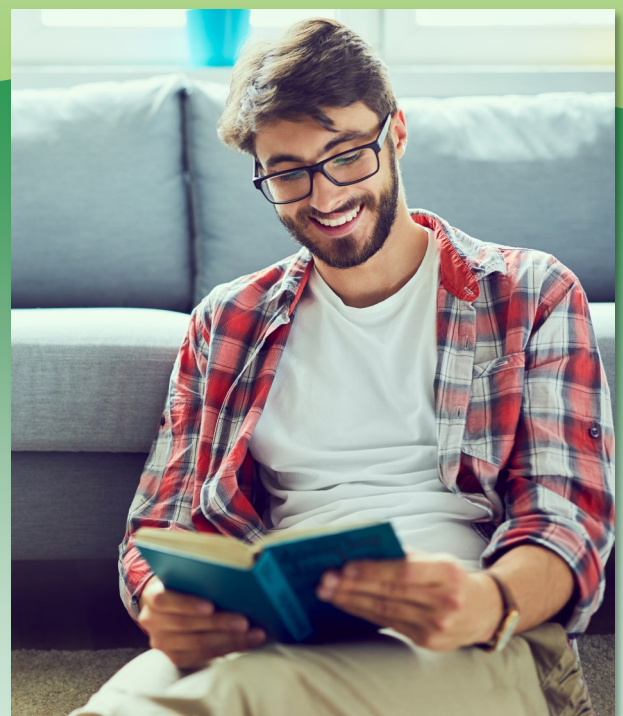
For example:

- Go for a 30-minute walk, four days a week
- Stop smoking and cut back on alcohol
- Consider joining a gym or signing up for fitness classes
- Meet with a registered dietician to learn how to improve your eating habits

## Day 2

### Educate yourself

Take time to read about heart disease or the symptoms of heart attacks in men and women. Education is the first step toward managing your heart health



## Day 3

### Know your numbers

Have a heart screening with your local GP to learn these five key heart health numbers:

- Body mass index
- Blood glucose
- Blood pressure
- Total cholesterol level
- High-density lipoprotein
- Learn more about heart screenings at UPMC

#### Day 4

##### Get up and move

All adults should do 150 minutes a week of moderate-intensity aerobic activity or 75 minutes a week of vigorous aerobic activity.

Moderate intensity aerobic activity should be spread out over 30-minute increments five days a week and can include activities such as:

- Water aerobics
- Casual cycling (a pace of slower than 10 miles per hour)
- Dancing
- General gardening



#### Day 5

##### De-stress your heart

Stress can negatively impact your overall health. Chronic stress can lead to conditions such as high blood pressure and cholesterol.

Try these tips to cut back on stress:

- Socialise with friends or family
- Do some exercise
- Get a full eight hours of sleep each night
- Do some deep breathing or meditation

#### Day 6

##### Swap the junk food

Do a deep dive into your fridge and pantry and rewrite your grocery list to make sure you're eating healthy foods.

Avoid or limit your intake of:

- Saturated fat
- Trans fat
- Sodium
- Red meat
- Sweets
- Sugar-sweetened beverages

#### Day 7

##### Be a heart health ambassador

You've completed the challenge! As a heart health ambassador, commit to continue with a healthy lifestyle.

Encourage others to improve their heart health too. Talk to family members about getting screened for heart disease. Take a friend along on your daily walk. Share your experiences and be a positive example

