



## Life's Simple 7 Cardiovascular Health



THE AMERICAN HEART ASSOCIATION HAS IDENTIFIED SEVEN SIMPLE STEPS YOU CAN TAKE FOR A HEALTHY HEART. HOW MANY CAN YOU ALREADY CHECK THE BOX FOR?

- Never smoke or quit smoking for more than one year.
- A healthy body mass index (BMI), an estimate of body fat determined by a formula using weight and height.
- Physical activity, regularly. It is recommended to engage in at least 150 minutes per week of moderate-intensity exercise for ideal health or 75 minutes per week of vigorous exercise.
- Blood pressure 120/80.
- Fasting blood glucose less than 100 milligrams/deciliter.
- Total cholesterol of less than 200 milligrams/deciliter.  
*If "good cholesterol" (HDL) is very high, it is possible to be an exception to this. Talk to your doctor if this applies to you.*
- Eating a healthy diet. At least four of the key components of a healthy diet are followed. For a 2,000-calorie diet, these include:
  - 4.5+ cups of fruits and veggies per day
  - 2+ servings of fish per week (preferably oily fish, such as salmon)
  - 3+ one-ounce servings of fiber-rich whole grains per day
  - Limiting sodium to less than 1,500 milligrams per day
  - Drinking no more than 36 ounces weekly of sugar-sweetened beverages

[webmd.com](http://webmd.com)