

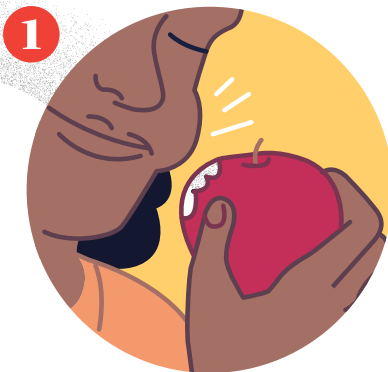
10 Commandments

FOR A **HEALTHY HEART** DURING THE

COVID-19 Pandemic



Follow these steps to maintain a healthy lifestyle during the COVID-19 outbreak. Connect with Mayo Clinic for up-to-date information on heart health and COVID-19: www.MayoClinic.org



1

Eat More!

Fruits and vegetables – at least 5 servings a day- and explore whole grains, plant proteins and healthy fats, such as olive oil.



2

Eat Less!

Limit processed and fried foods, foods and beverages with added sugars, high levels of sodium (salt) or saturated fat.



3

Move More!

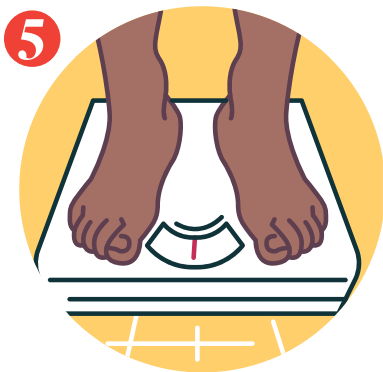
Try new fitness routines online that you can do within your home or walk/run while maintaining physical distance from others.



4

Listen To Your Provider!

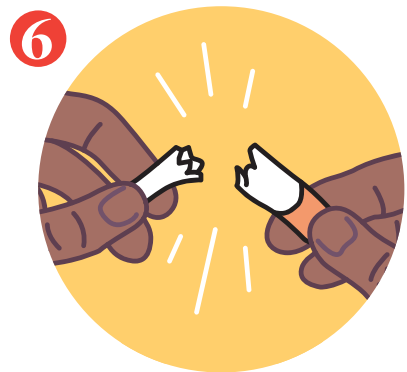
Follow recommendations, including medications and any special considerations related to your COVID-19 risk.



5

Know Your Numbers!

Aim for a healthy blood pressure and weight. If you have diabetes, check your blood sugar regularly.



6

No Smoking!

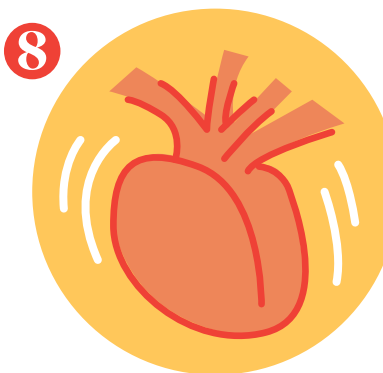
Do not smoke or use any other tobacco products!



7

Stay Connected!

Social distancing means “physical” distancing. Reach out to family members, friends and neighbors by phone or video chat.



8

Know Signs And Symptoms for Heart Attack or Stroke!

Seek medical attention immediately if you develop concerning symptoms.



9

Ask Questions!

Ask your healthcare provider for reliable information sources on COVID-19:

mayoclinic.org/coronavirus-covid-19



10

Give Thanks!

We all have something to be grateful for despite this challenging time.



To learn more about the FAITH! project scan this QR Code with your smartphone!

Contact Information

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