

# 7 STEPS TO A HEALTHY HEART

**African Americans die of heart disease at a 30% higher rate than other Americans.**

The good news is that you have control over some risk factors that cause heart disease. Get started by following these 7 Steps to a Healthy Heart.

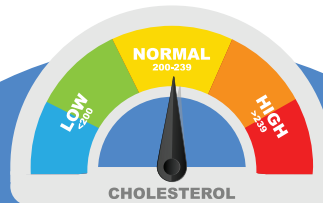


## 1 Access health care services and education.

Visit your health care clinician at least once a year.

## 2 Take charge of your blood pressure.

Normal blood pressure is less than 120/80.



## 3 Control your cholesterol.

Total cholesterol should be less than 200.

## 4 Track your blood sugar.

Normal fasting blood sugar should be less than 100.



## 5 Don't use tobacco.

Make a quit plan and get lots of support.



## 7 Be spiritually active and reduce stress.

Practice mindfulness on a regular basis and actively engage in ways to reduce stress.



## 6 Eat smart and enjoy regular exercise.

Aim for at least 150 minutes of moderate physical activity each week. Enjoy balanced meals with at least four servings of fruits and vegetables each day.



Your efforts toward living a more active and fulfilling life will inspire others in your family and community.

**The end goal: Better heart health for you and for the generations that follow.**

