

*Life's Simple 7

1. Get Active!



Living an active life is one of the most rewarding gifts you can give yourself. Daily physical activity increases your length and quality of life.

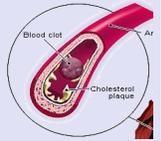
30 minutes of moderate physical activity each day (like brisk walking), five times per week, can almost guarantee a healthier life and lower your risks for heart disease, stroke and diabetes.

Parents, **your children need 60 minutes a day**—every day

Join our indoor **WALKING CLUB**, every Tuesday, 9AM at the Garden State Plaza (call 201 291 6188 to register) OR start a neighborhood walking club!

2. Control Cholesterol

If your cholesterol is 200 mg/dL or higher, you need to take action. High cholesterol can cause blocked arteries, and like a multi-car pile-up, one problem often creates another.



What to do?

- Change what you eat. Healthy fats and high fiber
- Schedule a cholesterol screening
- Exercise
- Maintain a healthy weight.
- Cholesterol medication may be prescribed

The good news is you can lower your cholesterol and reduce your risk of heart disease and stroke.

Have you scheduled your Heart Risk Assessment?
201 447 8125 - Call today!

3. Eat Better Vegetables. Fruits. Unrefined fiber-rich whole-grain foods. Fish at least twice a week. Cut back on saturated and trans fats, cholesterol and added sugars

4. Manage Blood Pressure Normal blood pressure is less than 120/80

What to do?... eat healthy, exercise, manage stress and visit your healthcare provider

5 Lose Weight If you have too much fat — especially at your waist — you're at higher risk for high blood pressure, high blood cholesterol and diabetes.

Need help? Call 201 251 3480 Center for Metabolic and Weight Loss Surgery



6. Reduce Blood Sugar

Lowered blood sugar helps protect your vital organs

Reduce your intake of soda, candy & sugary desserts.
Get regular physical activity!

Take medications or insulin if it is prescribed for you

Reducing your blood sugar, you can slow the progression of long-term health complications

Want more help?

Diabetes Self Management Program: 201 291 6000



7. Stop Smoking

Your lungs can begin to heal as soon as you quit!

Smoking damages your entire circulatory system, and increases your risk for coronary heart disease, hardened arteries, aneurysm and blood clots.

But you already knew all that...

Call 201 447 -8612 to let us help you!



*Educational information was obtained from the American Heart Association.

Please visit mylifecheck.heart.org for more detailed information on Life's Simple 7.

For more available resources at Valley Health System please visit www.valleyhealth.com