



### ACTION STEPS FOR WELLNESS

# 10 action steps to lower heart disease risk



1. No ifs ands or butts about it – quit using tobacco.
2. Do not allow tobacco use in your home. Avoid secondhand smoke.
3. Get your blood pressure checked at every office visit, at least every two years, or as often as advised. Ask if you should have it checked in both arms. A difference of 10 or more points in the top (systolic) numbers is linked with increased risks for some heart and blood vessel diseases.
4. Do aerobic exercises to strengthen your heart. Walk briskly, swim, or bicycle. Aim for at least 150 minutes of physical activity and two strength-training sessions a week.
5. Lose weight. As little as a seven percent weight loss can lower your heart disease risk.
6. Follow the DASH Eating Plan from [nhlbi.nih.gov/education/dash-eating-plan](https://www.nhlbi.nih.gov/education/dash-eating-plan). Omit trans fats. (These are hydrogenated oils.)
7. Ask your doctor if you need to be screened for diabetes. If you have diabetes, follow your treatment plan.
8. Tell your doctor if and why you do not take your medications to control your blood pressure, blood sugar, and blood cholesterol.
9. Learn to control anger. Manage stress by doing relaxation therapies and talking with someone you trust..
10. Get quality sleep. Aim for 7-9 hours a night.