

**Feb. '18**  
**7 Steps to a Healthier Heart**

1. **Live smoke free.** If you smoke, find the support you need to quit. To learn more, visit the American Heart Association website:  
<http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuitSmoking UCM 001085 SubHomePage.jsp>
2. **Monitor your blood pressure.** Your blood pressure should be below 120/80. Speak with your health care professional if you have an elevated blood pressure. Take advantage of our monthly BP screenings at church this month Feb. 10 and 11.
3. **Maintain a healthy weight.** Speak with your health care professional about what a health weight is for you. Eat plenty of fruits and vegetables and drink plenty of water. Limit sugar and processed foods.
4. **Watch your cholesterol.** Normal total cholesterol is 150-199. To learn more about cholesterol and why it is important to monitor speak with your health care professional and visit:  
<http://www.heart.org/HEARTORG/Conditions/Cholesterol/Cholesterol UCM 001089 SubHomePage.jsp>
5. **Control your blood sugar.** Normal fasting blood sugar is below 100. Limit sugar intake by cutting back on soft drinks and desserts. Read nutrition labels. Every four grams equals one teaspoon of sugar! If you are concerned about your blood sugar, speak with your health care professional.
6. **Be more active.** Walk more, take the stairs, march in place. For more ideas on increasing your activity visit:  
<http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/GettingActive/Getting-Active UCM 460868 SubHomePage.jsp>
7. **Eat a heart healthy diet.** To get all of your vitamins, minerals, and nutrients, eat a variety of colorful fruits and vegetables. Limit red meat, sodium, and added sugar. Read labels. For heart healthy recipes, visit: <https://recipes.heart.org/>

Source: American Heart Association

*"Keep your heart with all vigilance, for from it flow the springs of life."* Proverbs 4:23

If I can be of assistance to you or someone you know, please contact me,  
630-844-3780, X-243 or [jean.clementz@presencehealth.org](mailto:jean.clementz@presencehealth.org).

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Tenants

