

Prescription for Lifestyle Change

Enjoy regular physical activity

- Walk at least 30 minutes a day for five days a week – if needed, you can walk for 10 to 15 minutes at a time, two to three times per day.
- BONUS: Find a friend to walk with you and keep you motivated.
- _____

Eat a well-balanced, heart-healthy diet

- Eat a diet rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes.
- Limit eating saturated and trans fats, sodium/salt, red meat, sweets and sugar-sweetened drinks. Become familiar with nutrition labels.
- _____

Maintain a healthy weight

- Goal weight: _____ pounds by ___/___/___
(aim for one to 1.5 pounds weight loss per week)

Manage stress

- Get 6-8 hours of sleep each night.
- Slow down. Sit quietly and relax for 15-20 minutes each day.
- Consider yoga or meditation.
- Plan ahead and allow enough time to get the most important things done.
- _____

Limit alcohol

- No more than two alcoholic drinks per day for men or one drink per day for women.

Quit smoking

- Call the Tobacco Quitline 1-800-QUITNOW.
- Set a quit date: ___/___/___