

# Prescription for Lifestyle Change

## ☐ Enjoy regular physical activity

- ☐ Walk at least 30 minutes a day for 5 days a week – if needed, you can walk for 10 to 15 minutes at a time, 2 to 3 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 1 to 1 1/2 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: \_\_\_\_/\_\_\_\_/\_\_\_\_

