

HERE'S TO
HEALTH



HAVE A HEART
heart health program



STEPS TO A HEALTHIER HEART

Live a smoke-free life.

If you smoke, quit.

Monitor your blood pressure.

Keep it below 120/80 mm HG.

Maintain a healthy weight.

Aim for a body mass index (BMI) of less than 25.

Watch your cholesterol.

An ideal level is less than 200 mg/dL.

Control your blood sugar.

Your fasting blood glucose should be less than 100 mg/dL.

Keep it moving.

Work up a sweat for 150 minutes a week.
Go for a walk, hike, or bike ride.

Make smart food choices.

Fill your plate with veggies, fruits, whole grains, and lean protein. Limit sodium, sugar, and saturated fat.

Source: American Heart Association

The Have a Heart program is designed to provide additional support and assistance for participants diagnosed with Hypertension (HTN) or Congestive Heart Failure (CHF).

Enroll online at teachershealthtrust.org!

