



ACTIVITY

According to the 2008 Physical Activity Guidelines for Americans, it is recommended that adults exercise for a total of 150 minutes per week, broken down into *at least* 3 separate sessions. *Remember, you can divide the 150 minutes per week over **more than** 3 sessions!* For example, you could exercise for 30 minutes, 5x/week, or walk briskly for 10 minutes 3x/day, 5 days/week. Whatever you choose, it is important to remember to include both aerobic and muscle-strengthening exercises.

- ▶ To set and track activity (and nutrition) goals, join [Sparkpeople](#) which is a FREE online resource to help you get and stay active and healthy.
- ▶ Join a local gym and consider getting a personal trainer.
- ▶ Find [more information and recommendations on physical activity](#). Plus, be sure to take the PAR-Q test to see if you should see your doctor before beginning an exercise program.

For extra motivation and to make activity fun, try starting an exercise program with a friend!



NUTRITION

Eating a balanced diet is an integral part of promoting good health. Incorporating more fruits and veggies into your diet is especially important, because the essential vitamins, minerals and fibers contained in fruits and vegetables may help prevent many chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

- ▶ Find more information and useful tips on [how to incorporate more fruits and vegetables into your diet](#)
- ▶ If you would like extra help in changing or monitoring your diet, join a program like [weight watchers](#).



LIFE

Learn ways to cope and manage the various stresses in your life, and improve your energy, focus and productivity! There are a variety of ways to reduce stress in your life, including exercise, joining a social group or club, and yoga, meditation or deep breathing techniques, among many other methods.

- ▶ [Learn ways to reduce the stress in your life](#)

A good night's sleep is an essential part of good mental, emotional and physical health, yet many adults do not find the time or are unable to sleep the recommended 7-8 hours per night.

- ▶ If you are having difficulty sleeping, try participating in [web-based cognitive behavioral therapy for insomnia](#).



HEART

- ▶ Normal blood pressure (BP) is <120mmHg systolic (as the heart beats) and <80 mmHg diastolic (as the heart relaxes between beats). If your BP is higher than this range you are at a greater risk for developing heart disease and/or kidney disease and for having a stroke. The good news is that you can [prevent and control high blood pressure by taking action](#).

- ▶ Keeping your cholesterol under control is important in order to reduce your risk of developing heart disease. If there is too much cholesterol it can build up around the artery walls and reduce or block blood flow to the heart, leading to a possible heart attack.

Healthy cholesterol ranges are:

Total Cholesterol	LDL	HDL
<200 (125-170 is optimal)	<100 (0-129 is near-optimal)	>38

Track your BP and/or cholesterol using the [American Heart Association's free online tracker tool](#)

- ▶ Learn the [facts about cholesterol and test your cholesterol IQ](#)