

Heart Health & Diabetes

Make Healthy Lifestyle Choices

Smoking: Stop, or don't start

Exercise: Aim for 30 minutes of exercise 5x/week

Dietary choices: Increase intake of dietary fiber from fruits, vegetables, whole grains and beans

Sleep: Try to get as much quality sleep as possible

Stress: Limit as able and practice coping strategies



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Manage Your ABCs

A

Keep your **A1C** in ideal range, under 7%

B

Work to keep your **blood pressure** under 140/90, or what is recommended by your provider

C

Keep “lousy” LDL **cholesterol** under 100mg/dL

