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

Center for Community Health & Prevention
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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