

My Action Plan

When you make heart-healthy choices, you'll be healthier and feel better.
The tips below can help you get started. Check off the ones you'd like to try.

Staying Active

- ☐ Talk to your healthcare provider about safe activities you can do.
- ☐ Put aside time each week to share an activity with a family member or friend.
- ☐ Ask a friend to be your walking buddy.
- ☐ Use a pedometer to count all the steps you take in a day.
- ☐ Do a little more activity today than you did yesterday.

Heart-Healthy Eating

- ☐ Use margarine without trans fat instead of regular margarine or butter.
- ☐ Choose fish over red meat.
- ☐ Get help from a dietitian to plan heart-healthy meals for yourself and your family.
- ☐ Read food labels to choose products with the least saturated fat. (Don't forget to watch for sodium, too!)
- ☐ Use low-fat or fat-free milk in your coffee or tea instead of cream or half-and-half.
- ☐ Limit foods high in added sugars, such as sodas and other sweetened beverages.

Quitting Smoking

- ☐ Write a letter to say "good-bye" to your cigarettes.
- ☐ Tape a picture of your kids or grandkids to your pack of cigarettes to remind you of a good reason to quit.
- ☐ Join a smoking-cessation class or ex-smoker's support group.
- ☐ Make a list of the reasons you want to quit smoking. Put this where you'll see it often (such as on the refrigerator or the bathroom mirror).
- ☐ Talk to your healthcare provider about over-the-counter or prescription medications to help you quit.