



3-2006

## SP526-B-Change Your Life, for the Life of Your Heart

The University of Tennessee Agricultural Extension Service

Follow this and additional works at: [http://trace.tennessee.edu/utk\\_agexheal](http://trace.tennessee.edu/utk_agexheal)

---

### Recommended Citation

"SP526-B-Change Your Life, for the Life of Your Heart," The University of Tennessee Agricultural Extension Service, SP526-B 10M 3/06(Rep) E12-5315-00-027-06 06-0199, [http://trace.tennessee.edu/utk\\_agexheal/18](http://trace.tennessee.edu/utk_agexheal/18)

The publications in this collection represent the historical publishing record of the UT Agricultural Experiment Station and do not necessarily reflect current scientific knowledge or recommendations. Current information about UT Ag Research can be found at the [UT Ag Research website](#).

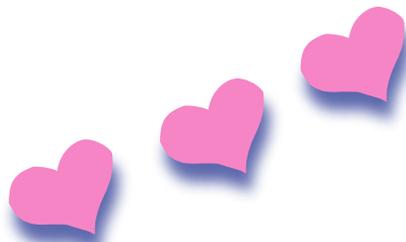
This Family Health is brought to you for free and open access by the UT Extension Publications at Trace: Tennessee Research and Creative Exchange. It has been accepted for inclusion in Health, and Fitness by an authorized administrator of Trace: Tennessee Research and Creative Exchange. For more information, please contact [trace@utk.edu](mailto:trace@utk.edu).

## Keep High Blood Pressure in Check

- ❑ Know your numbers – normal blood pressure is less than 130/85 mm Hg.
- ❑ Stop smoking.
- ❑ Shed extra pounds.
- ❑ Exercise regularly.
- ❑ Cut down on salt, alcohol and caffeinated beverages.
- ❑ Take medications as prescribed.

## Activate Your Lifestyle

- ❑ Build up to 30 minutes of daily exercise, five or more days a week. Accumulate your 30 minutes over the day.
- ❑ Choose activities you enjoy.
- ❑ Count leisure-time physical activities such as walking, gardening, yard work, dancing, golf and tennis.



## For Women Only

Heart disease is not just a man's problem. Heart disease is the number one killer of women. One in three women dies from heart disease.

- ❑ If you are in the child-bearing years, talk to your doctor about the risks and benefits of using birth control pills.
- ❑ If you are menopausal or post-menopausal, talk to your doctor about the risks and benefits of hormone replacement therapy.

For more information on heart health, contact:

Visit the Extension Health Program Web site at <http://fcs.tennessee.edu/healthsafety/index.htm>

Copyright 2006 The University of Tennessee. All rights reserved. This document may be reproduced and distributed for nonprofit educational purposes providing credit is given to University of Tennessee Extension.

SP526-B 10M 3/06(Rep) E12-5315-00-027-06 06-0199  
Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.  
University of Tennessee Institute of Agriculture,  
U.S. Department of Agriculture and county governments cooperating.  
UT Extension provides equal opportunities in programs and employment.

## Change Your Life, for the Life of Your Heart



a wellness publication written by  
**Barbara (Bobbi) P. Clarke, PhD, RD**  
Professor, Public Health Education  
Family and Consumer Sciences

You can protect your health and reduce your risk of heart disease by learning self-care skills and making lifestyle changes.

(✓) Check those health actions you plan to try.

## Know About Heart Disease

- Heart disease usually develops slowly and silently.
- It may not cause symptoms for years.

## Reduce These Risk Factors

- Control your blood sugar.
- Maintain a healthy weight.
- Cope with stress.
- Control your blood cholesterol.
- Control your blood pressure.



## Control Your Blood Cholesterol

- Fill your plate with whole grains, fruits and vegetables.
- Eat less fat, especially saturated fat, trans fat and cholesterol.
- Slim down if you are overweight.
- Get regular exercise.
- Take cholesterol-lowering medications as prescribed.

## Know Your Blood Cholesterol Numbers

Circle Your Number			
	Desirable	Borderline	Undesirable
Total Cholesterol	under 200	200-239	240 or higher
LDL (Bad) Cholesterol	under 130	130-159	160 or higher
HDL (Good) Cholesterol	60 or more	40-59	under 40
Triglycerides	under 150	150-199	200 or higher

## Break the Smoking Habit

- Stop smoking. Did you know:
  - Smokers are up to six times more likely to suffer a heart attack than non-smokers.
  - Smoking damages arteries and promotes blood clots.
  - Quitting cuts the risk of heart disease in half by the end of one year.

