

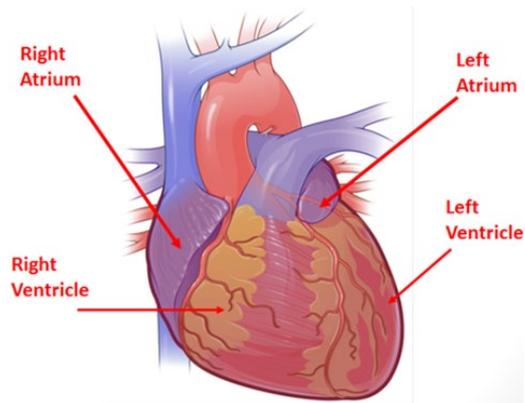
CHARLAR Class Index



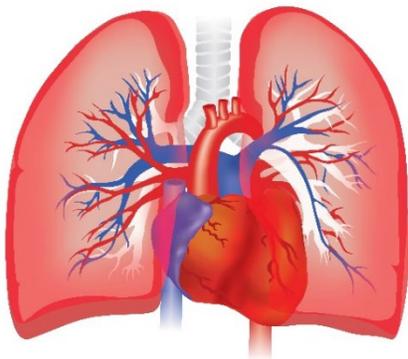
Week	Topic
1	Are you ready to achieve your best heart health?
2	Introduction to mental health
3	Taking care of our mental health
4	Eating healthy
5	Staying physically active
6	Managing weight
7	Managing blood pressure
8	Controlling cholesterol
9	Managing blood sugar
10	Getting healthy sleep
11	Making good decisions at the store
12	Review

[Type here]

How the Heart Works



1. The heart is located in the middle of the chest.
2. The heart is an amazing part of the body. It can pump approximately 5 liters of blood every minute. It beats about 100,000 times a day.
3. The heart is a hollow, muscular, cone-shaped organ, about the size of a fist.
4. The heart has two upper chambers and two lower chambers.
5. The upper chambers (right atrium and left atrium) receive blood. The lower chambers (right ventricle and left ventricle) pump blood.
6. A strong heart can pump blood throughout the body more efficiently.
7. The heart is part of the circulatory system.
8. The circulatory system is made of all the vessels that carry the blood throughout the body.
9. Vessels are long, hollow tubes of tissue, much like drinking straws.



10. The heart pumps blood to the lungs where the blood fills up with oxygen.
11. The blood then returns to the heart.
12. The blood is then pumped to the body, bringing oxygen and nutrients to the body's cells.

What are some ways we can protect our hearts?

Write down some ways we can protect our hearts

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

Your Heart Health

Your cardiovascular health is important to overall good health. A heart that functions well helps you live longer, improves your brain function, improves your energy levels, and reduces your risk of heart disease and many other health problems.

Here are nine key steps you can take to live a healthier lifestyle:

Health Factors



1. Control Cholesterol



2. Manage Blood Sugar



3. Manage Blood Pressure



4. Manage Weight



5. Manage Stress

Health Behaviors



6. Be more Active



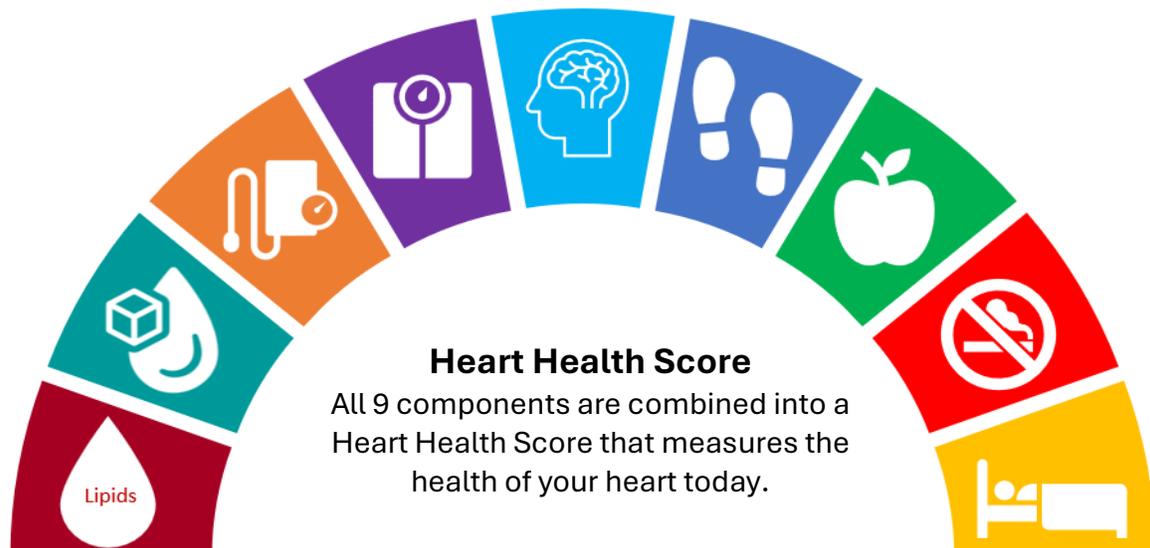
7. Eat a Healthy Diet



8. Quit Tobacco



9. Get Healthy Sleep



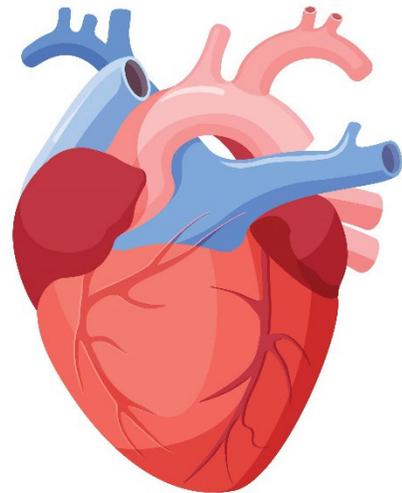
Are You at Risk for Heart Disease?

Risk factors are traits or habits that make a person more likely to develop heart disease. Read this list of risk factors for heart disease. Check the ones you have.

Heart disease risk factors you can do something about:

✓ Check the ones you have

- Have high blood pressure
- Have high cholesterol
- Have overweight or obesity
- Have prediabetes or diabetes
- Smoke
- Do not get regular physical activity
- Have unhealthy eating behaviors



Heart disease risk factors you can't control:

✓ Check the ones you have

- Are age 55 or older for women or age 45 or older for men
- Have a family history of early heart disease
 - Father or brother with heart disease before age 55
 - Mother or sister with heart disease before age 65

The more risk factors you have checked, the greater your risk for heart disease. Talk to your doctor about your risk.

Learn What a Heart Attack Feels Like

**Act fast. Call 9-1-1.
It could save your life.**

Clot-busting medicines and other treatments can stop a heart attack as it is happening. **These treatments work best if given within 1 hour of when heart attack signs begin.** If you think you are having a heart attack, call 9-1-1 right away.

KNOW THE HEART ATTACK WARNING SIGNS

Your chest may feel pressure.



You may feel discomfort in one or both arms, or the back or stomach.



You may feel discomfort in your neck or jaw.



You may feel like you can't breathe.



You may feel light-headed or break out in a cold sweat.



You may feel sick to your stomach.

Fast Action Saves Lives

YOU MAY NOT BE SURE IT IS A HEART ATTACK.

A heart attack may not be sudden or very painful. You may not be sure what is wrong. But it is important to check it out right away.



ACT FAST. CALL 9-1-1.



**Call 9-1-1 in 5 minutes or less.
Do not drive yourself to the hospital.**



**When you call 9-1-1, an emergency vehicle arrives
right away. Medicines can be given at once.**

TO HELP SURVIVE A HEART ATTACK, TAKE THESE STEPS:

- Learn the warning signs of a heart attack and act fast if you feel them.
- Talk with family and friends about the warning signs and the need to call 9-1-1 right away.
- Ask your doctor about your heart attack risk and how to lower it.
- Complete the “My Emergency Card” handout.

My Emergency Card

Cut along dotted lines. Fold card in half and paste with a glue stick (Fold 1).
 Fold in half again to make your own personal wallet card (Fold 2).

My Emergency Card

Name: _____
 Date of Birth: _____ Home Phone: _____
 Emergency Contacts:

Name	Relationship	Phone

Family Doctor: _____
 Phone: _____
 Local Clinic/Hospital: _____
 Phone: _____

Emergency Numbers

Fire Department: _____
 Local Police Department: _____

Do you have any of the following conditions?

- Heart Disease _____ Yes No
- Previous Heart Attack _____ Yes No
- High Blood Pressure _____ Yes No
- Diabetes _____ Yes No
- Other _____

Current Medications: _____
 Known Allergies: _____
 Other Information: _____

Weekly Promise: Tender Care for a Happy Heart

Choose one or two action items from this handout that you would like to do this week. Then, write down the date that you completed each action.

Action	Date	Action	Date
<input type="checkbox"/> Say something nice, positive, or uplifting to someone.	_____	<input type="checkbox"/> Call a friend you have not seen for a long time.	_____
<input type="checkbox"/> Allow additional time to do things and get to places without rushing.	_____	<input type="checkbox"/> Look at yourself in the mirror and say, "I am special and unique."	_____
<input type="checkbox"/> Try a new hobby such as arts and crafts.	_____	<input type="checkbox"/> Write down how you feel.	_____
<input type="checkbox"/> Look for an activity that will allow you to make new friends.	_____	<input type="checkbox"/> At the end of the day, think about the things that were good and the things you can improve.	_____
<input type="checkbox"/> Show gratitude to at least five people.	_____	<input type="checkbox"/> Rest. Go to bed 1 hour earlier than usual.	_____
<input type="checkbox"/> Tell your loved ones that you love them.	_____	<input type="checkbox"/> Listen to soft music to relax.	_____
<input type="checkbox"/> Do something nice for someone.	_____	<input type="checkbox"/> Help someone in need.	_____
<input type="checkbox"/> Think about three things that make you happy.	_____	<input type="checkbox"/> Plant a garden.	_____
<input type="checkbox"/> Value what you have, and try to see the positive side of things.	_____	<input type="checkbox"/> Be thankful for your family.	_____
<input type="checkbox"/> Do something special for yourself.	_____	<input type="checkbox"/> Seek support in your faith community.	_____
<input type="checkbox"/> Laugh and be positive. If you like jokes, tell one.	_____	<input type="checkbox"/> Speak calmly. Do not yell or scream.	_____
		<input type="checkbox"/> Take 15 minutes to breathe deeply and relax.	_____
		<input type="checkbox"/> Be kind to someone with whom you have differences.	_____