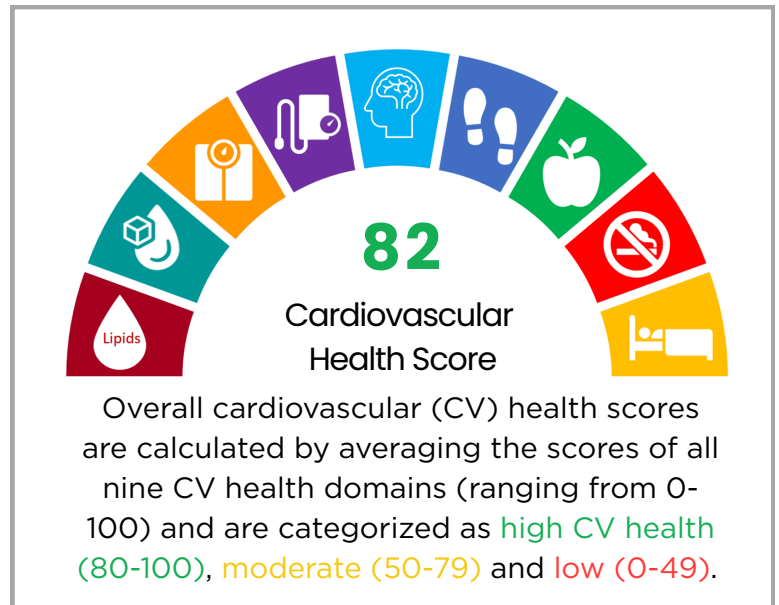


Life's Essential 8+

Improving and maintaining cardiovascular health can help you enjoy a longer, healthier life. **Life's Essential 8+** outlines a few easy steps you can take to live a healthier lifestyle.



EAT BETTER

Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds and cooking in oils such as olive and canola.

BE MORE ACTIVE

Adults should participate in 150 minutes of moderate or 75 minutes of vigorous physical activity. Walking can help you feel better, improve your mood and reduce stress.

QUIT TOBACCO

Cigarettes, e-cigarettes and vaping all contain nicotine and other harmful substances that can cause health problems. 1-800-QuitNow is a free resource to help people quit.

GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours.

MANAGE STRESS

Chronic stress can negatively impact health habits and increase risk for heart attack and stroke. Identify sources of stress and look for ways to reduce and manage them.

MANAGE WEIGHT

A healthy weight has many benefits. Body mass index (BMI) is a measurement of your weight in relation to your height. Optimal BMI for most adults is 18.5-25.

CONTROL CHOLESTEROL

High cholesterol can affect your heart and brain health. Lifestyle changes and medications can get cholesterol numbers to a healthier level.

MANAGE BLOOD SUGAR

Most of the food we eat is turned into glucose (blood sugar) that our bodies use as energy. High levels of blood sugar can damage your heart, kidneys, eyes and nerves.

MANAGE BLOOD PRESSURE

Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal.



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<https://www.cpccommunityhealth.org>



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Adapted from the American Heart Association's Life's Essential 8