



Live Heart Smart and jump-start your health.

A 30-day quick-start guide.





Live Heart Smart starts here.

Live Heart Smart is a program that will help you start to get healthy. Deciding to do it is the most important part. This quick-start guide will help you understand what you need to do for the first 30 days. It will give you a step-by-step plan. And it will start you on your way to better fitness and good health.

Welcome. We're glad you're here.

Our goal is to help people live healthier lives. This guide will help you get started. Here's what's in it.

Know your numbers 9

- Blood pressure.
- Cholesterol.
- Resting heart rate.
- Body mass index (BMI).
- Body weight.
- How to measure your body.
- Checklist.

Check with your doctor... 16

Plan your first workout ... 18

- Your target heart rate.
- The workout begins.
- Tips for walking faster.
- Your first 12-week calendar.

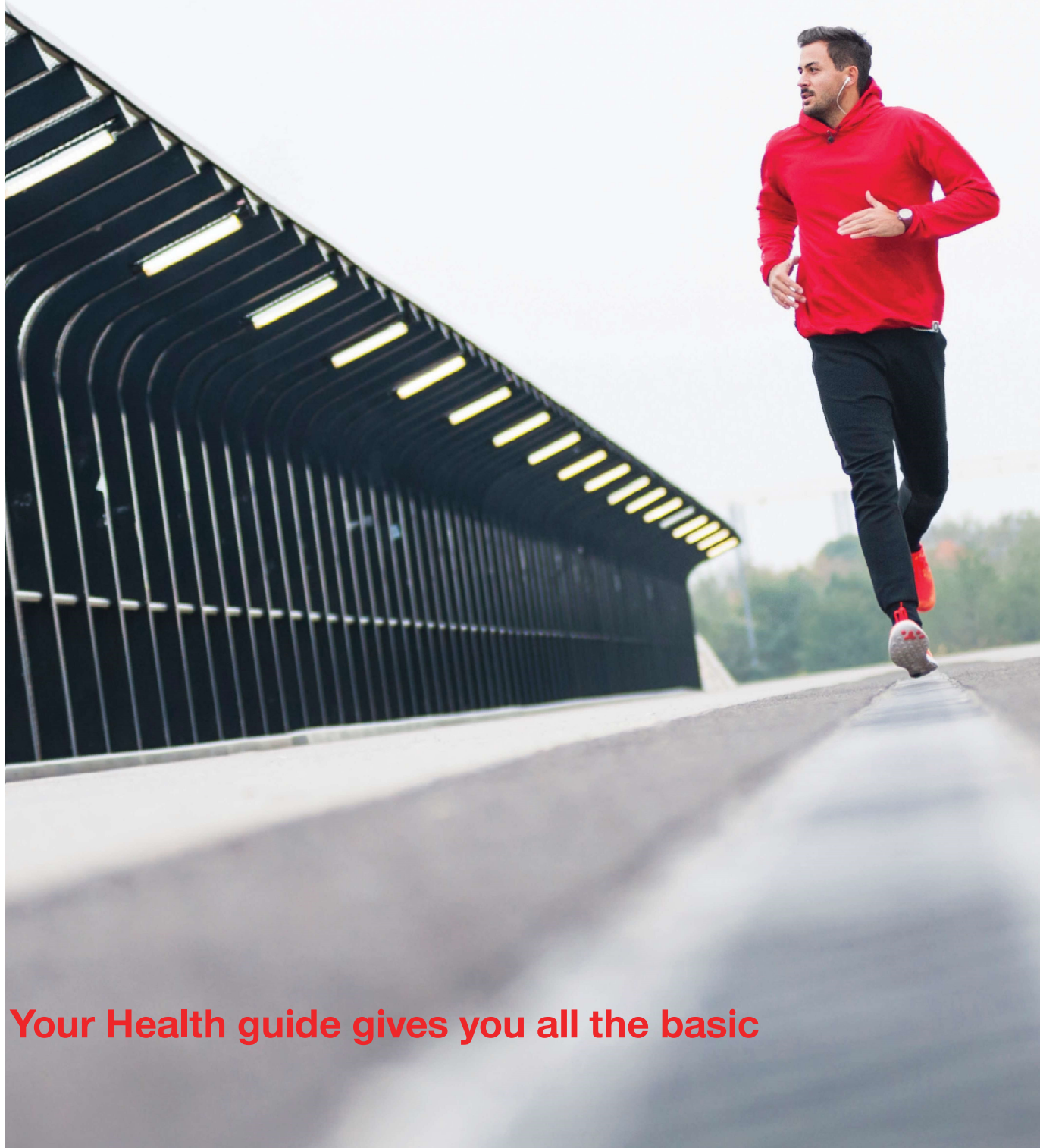
Guidelines for healthy eating 26

- Carbohydrates.
- Protein.
- Fat.
- Saturated fat.
- Trans fat.
- Cholesterol.
- Fiber.
- Sodium (salt).

12 tips for eating better .. 33

- Look at what you eat now.
- Start with small changes.
- Control the amount you eat.
- Check the nutrition facts on the label.
- Control calories and get the most nutrients.
- Choose foods that are lean, low-fat or fat-free.
- Know your fats.
- Focus on fruit.
- Make half of your grains whole grains.
- Eat your veggies.
- Eat less sodium (salt).
- Limit the amount of added sugars you eat.

→ **This 30-day Jump-Start information you need.**



Your Health guide gives you all the basic



On your mark. Get set. **GO!**

Planning and preparation are important when you start to exercise for the first time.

You need energy too. That's why eating healthy is so important. The more energy you have, the easier it is to stay on track.

It's great to think about good health. But you need to act too. Don't overthink it. Go for it!

Let everyone know you're ready to get started working on your promise to be healthier.



Know your numbers.

Blood Pressure.

Blood pressure is the amount of force your blood creates inside your arteries. It's written as two numbers — one on top, one on the bottom.

120

← **Systolic pressure:** This is the top number. It measures how hard your blood vessels are working when your heart beats.

80

← **Diastolic pressure:** This is the bottom number. It measures how hard your blood vessels are working when your heart is resting between beats.

→ If you have diabetes or kidney disease, you need to keep your The bottom number should be lower than 90.



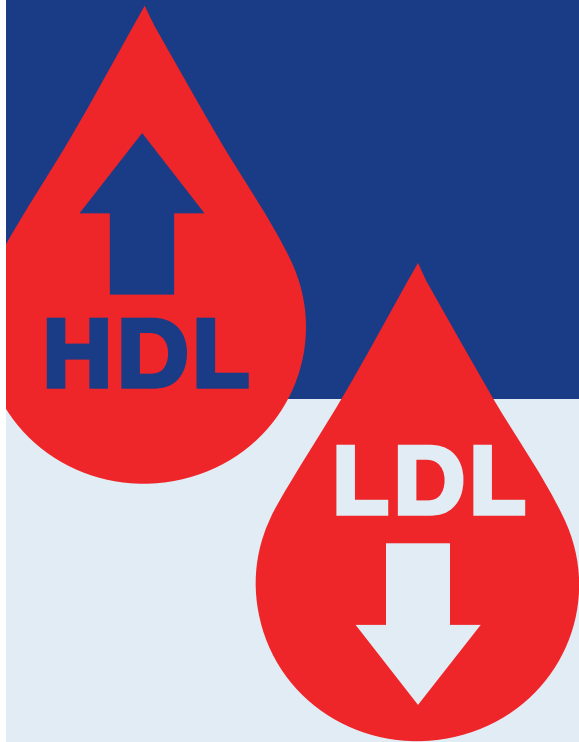
Blood pressure readings fall into three groups:

- 1. Normal blood pressure:** The top number is lower than 120. The bottom number is lower than 80.
- 2. Near to high blood pressure:** The top number is between 120 and 139. The bottom number is between 80 and 89.
- 3. High blood pressure:** The top number is 140 or higher. The bottom number is 90 or higher.

HERE ARE THINGS YOU CAN DO TO LOWER YOUR HIGH BLOOD PRESSURE. THEY ALSO HELP YOU KEEP YOUR BLOOD PRESSURE UNDER CONTROL.

top number lower than 130.

- ♥ LOSE WEIGHT.
- ♥ EXERCISE REGULARLY.
- ♥ LIMIT YOUR DRINKING OF ALCOHOL.
- ♥ STOP EATING SALT, OR LIMIT THE AMOUNT YOU EAT.
- ♥ EAT FOODS THAT ARE HIGH IN POTASSIUM.
- ♥ STOP SMOKING.
- ♥ WORRY LESS. TRY TO FIND TIME TO RELAX.



Cholesterol.

Your body has two kinds of cholesterol. LDL (or “bad”) and HDL (or “good”).

- Eating foods with “bad” cholesterol can cause buildup in the arteries that bring blood to your heart and brain. That can cause a heart attack or stroke.
- Eating foods with “good” cholesterol helps avoid heart attacks. These foods carry bad cholesterol to your liver. Your liver removes it from your body.

To control your cholesterol levels:

- Eat less food that has “saturated fat” or “trans fat” or “dietary cholesterol.”
 - Be physically active. That raises “good” cholesterol.
 - Do not smoke.
 - Lose weight.
- What if you have done these things and it did not help? You may control your cholesterol levels.



Know your numbers.

Resting Heart Rate (RHR).

Your heart rate tells you how hard your heart is working. You measure your RHR when you are resting. Your RHR is usually between 50 and 100 beats in a minute.

Athletes and other people who exercise a lot have a lower rate. People who don't exercise have a higher rate. If you keep track of your RHR, it can show how fit you are getting.

Do your best to lower your RHR.

Measure your RHR first thing in the morning. Do it before you get busy with other things. Your heart rate will go up as you start doing things. Count how many times your heart beats in 1 minute.

If you can't measure it first thing in the morning, make sure you measure it after you've been resting for at least 4 hours. Then do it about 2 to 3 hours after you eat. It helps if you lie down 30 minutes before you measure your heart rate. Take your RHR for 5 days to get an average.

need medicine to help

BMI	Weight Group
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and above	Obese

Adult BMI levels and their weight groups.

Body Mass Index (BMI).

Body mass index (BMI) is a number created from a person's weight and height. For most people, BMI shows your body fat. It's used to show if your weight may cause problems.

Body Weight.

Your heart has to work harder if you have too much weight. That makes your blood pressure higher. Your cholesterol goes up. And that can cause you to get diabetes.

- You can reduce your chance of getting heart disease by losing as little as 10 to 20 pounds.
- Eat a variety of fruits and vegetables each day. Eat whole-grain foods that have fiber.
- Eat foods with less saturated fat, cholesterol and salt.
- Limit foods that have a lot of calories but are low in vitamins, minerals and fiber. You can lose weight by eating fewer calories than you use up every day.



Know your numbers.

- Eat healthy food and exercise regularly. That fights weight gain. And it lowers your chances of getting heart disease or a stroke.

How to measure your body.

Your waist: Don't hold the measuring tape too tight or too loose. Measure it about 1 inch above your belly button.

Your hips: Put the heels of your feet together. Measure around the fullest part of your buttocks.

Your thighs: Measure the top of your thigh, just below where the buttock meets the back of your thigh.

Your chest: Measure around the fullest part of your chest.

Measure every 2 to 4 weeks. Don't do it every day. Small changes don't show up on a scale or measuring tape.

JUST REMEMBER, YOUR BODY IS CHANGING. EVEN IF YOU CAN'T SEE IT YET!

♥ Checklist

Know your numbers

Weight.....

Blood pressure

Cholesterol

Body fat

Resting heart rate ...

Body measurements

Waist

Hips

Thigh.....

Chest.....





Check with your doctor.

If you have any medical conditions, like diabetes, heart disease or high blood pressure, talk to your doctor to make sure exercise is OK. If you have an injury or have been sick, ask about that too. You should also check if you're taking any drugs.

You'll also need a checkup from your doctor if:

- You've not been physically active in over a year.
- You're over 65 years old and don't exercise.
- You're pregnant (going to have a baby).
- You have chest pains, dizziness, or fainting.

Ask your doctor any questions you have about what you should be doing. Even if you don't have health problems, you may want to get a full checkup. Especially if it's been a while since you've been active.