

# Building heart-healthy habits for exercise and diet



## Make changes one step at a time

When you have heart disease, or are at risk for it, it can mean making some changes. Where do you start? You can start by taking a single step. With practice each day, you may find that your heart-healthy *change* has become a heart-healthy *habit*. **Read the tips below.** Check off 1 or more to try.

### Tips for being more active

Aim for 30 minutes of being active each day. Start with 10 minutes and work up to 30 minutes. Before starting any exercise activity, talk with your doctor about physical activity that is safe and right for you.

#### If you often . . .

- Read a magazine during your lunch break
- Search for the parking space closest to the mall
- Take the elevator
- Sit at the kitchen table and talk with a friend

#### Try this instead . . .

- Take a walk
- Choose a parking space far away from the entrance
- Take the stairs
- Take a walk with your friend

### Tips for healthy eating

Try to eat foods that are low in salt. Eat fresh fruits and vegetables as part of your meals and snacks.

#### If you usually . . .

- Eat a cookie for dessert
- Deep-fry your chicken
- Use salt to season your food
- Drink regular soda
- Drink whole milk
- Eat everything on your plate in a restaurant

#### Try this instead . . .

- Eat an apple
- Grill or broil your chicken
- Season your food with herbs, spices, or lemon
- Drink water or seltzer
- Drink low-fat or fat-free milk
- Cut your portion in half. Take the rest home

Talk to your doctor about making heart-healthy changes.

This material was developed by GlaxoSmithKline.



managing with heart™

# Be more active... for heart health!



## Make activity a heart-healthy habit

If you have or are at risk for heart disease, you may need to be more active. Physical activity may help you keep from getting heart disease, delay its onset, or even improve your condition. But before starting an exercise program, talk to your doctor about what level of activity is right for you.

For many people, your goal should be 30 minutes of moderate-intensity exercise on most or all days. Getting into this heart-healthy habit may be easier than you think! You can:

- Walk a mile in 15 minutes
- Ride a bicycle
- Play tennis
- Take exercise classes
- Do housework or yard work

## Work up to your goal

After you and your doctor agree what level of exercise is right for you:

- Start with 10 minutes a day, 3 days a week.
- Slowly increase to at least 30 minutes every day.
- If you cannot get 30 minutes all at once, break your activity into smaller time periods.
- Set aside time to be active.
- Choose an activity you enjoy, and keep doing it.

## Think of ways to be more active

### If you often...

Read a magazine during your lunch break

Search for the closest parking space

Take the elevator

Sit at the kitchen table and talk with a friend

Watch TV from your chair or couch

### Try this instead...

Take a walk

Choose a parking space far away from the entrance

Take the stairs

Take a walk with your friend

Ride a stationary bike or walk in place

You may want to track your progress to see how well you are doing. This may help you stay with your program.

This information is not meant to replace your doctor's advice.  
Be sure to talk with your doctor about what activities are safe for you.  
Ask about healthy eating and other heart-healthy changes you can make.

# It's never too late to stop smoking



## Stopping smoking – stepping forward

Deciding to stop smoking is one of the best choices you will ever make. Know that it is never too late to quit. People who quit smoking may live longer. This is true even for people who quit later in life.

## To get support to stop smoking, contact these organizations.

American Heart Association  
800-242-8721  
[www.americanheart.org](http://www.americanheart.org)

American Lung Association  
800-586-4872  
To speak with a lung health professional,  
call 800-548-8252.  
[www.lungusa.org](http://www.lungusa.org)

## Tips for stopping smoking

- Write down why you want to quit.** You might list “Having more energy” or “Living longer”
- Set a quit date.** Choose a low-stress time to quit
- Ask your doctor about treatments that can help you stop smoking.** These can help stop the urge to smoke
- Find things to replace smoking.** Sugarless gum or candy can keep your mouth busy
- Be active during the day.** Being active can help lessen the stress of quitting
- Relax before bedtime.** Try taking a hot bath and drinking hot, noncaffeinated herbal tea or milk just before bedtime
- Get help from others.** Ask your doctor or area hospital about local support groups. For online support, check out *Freedom From Smoking*® on the American Lung Association Web site (see listing above). And ask those close to you for support as you are quitting
- Stick with it!** Most smokers have to “practice” quitting several times before they stop for good

Talk with your doctor about ways to stop smoking.