

Module 1, Lesson 4 Tool:

Diet & Lifestyle Recommendations For Cardiac Care

Being proactive with your health means arming yourself with as many disease prevention and/or management tools as possible. This starts with identifying your weak points in your diet and lifestyle. If either of your parents has any heart disease in their medical history, chances are good that you could be vulnerable too. How you manage your diet, stress, physical activity and lifestyle may help you lower your risk, which may keep your ticker stronger, healthier and disease free.

Take Your Medications & Keep Your Doctor's Appointments

Medication List: (list here and take pic so you always have on you for all MD appointments)

Next MD follow up:

Eat Smart (use your cardioprotective diet tool to focus on which foods to add in and which to move out of your diet)

Specific Nutrition Goals:

Get Moving

Strive to get 10,000 steps in a day or build upon your existing exercise routine

Exercise Goals:

Manage Your Stress

Stress is an enemy of cardiac wellness. Identify how you'll manage it daily

Stress Management Goals:

Catch Your Zzz's

Good sleep sets you up for good health. Prioritize it using your sleep hygiene routine

Sleep Hygiene Routine/Goals:

Additional Notes & Goals: