

Heart-healthy habits



Your family can help

Making changes to your daily life can help your heart. Sticking to these changes may be easier with the help and support of your family.

Here are some changes that you and your family can make together. Talk with your family about these changes. Then mark the ones you think you want to try.

Eat healthy foods

- Make a heart-healthy grocery list together before you shop (for example, list fresh fruits and vegetables)
- Share a main course when you eat out
- Ask for fruits or flowers for special occasions instead of sweets or alcohol
- Other ideas:



Be active

- Go for a family walk after dinner
- Ask a family member to take an exercise class with you
- Take the stairs instead of the elevator
- Other ideas:

Be sure to check with your doctor before starting an exercise program.



Talk with your family

- Bring a family member with you to your doctor visits. He or she can help ask questions and take notes
- Let a family member know what medicines you are taking and at what time. Also, discuss how your doctor told you to take them
- Write down your goals to eat better and become more active. Share them with your family
- Other ideas:



Healthy changes can be good for everyone!

Talk to your doctor about making heart-healthy changes in your daily life.