

# 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.



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