



American  
Heart  
Association

ANSWERS  
by

Lifestyle + Risk Reduction

highly processed foods, and too

## How can I be more active?

Adults should aim for at least 150 minutes of moderate physical



- Establishing a bedtime routine. Try to go to bed and wake up at about the same time each day.
- Keeping your phone and electronic devices out of the bedroom.

### How can I manage my weight?

Understanding how many calories you take in and your activity level can help you identify changes you want to make. To lose weight, you need to burn more calories than you eat.

- Learn about portion sizes, read the nutrition facts label and keep track of what and how much you are eating.
- Sit less and move more to burn more calories. Use an activity tracker to help you gauge how much activity you are getting.

### How can I control my cholesterol?

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## HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721) or visit [heart.org](http://heart.org) to learn more about heart disease and stroke.
- 2 Sign up for our monthly Heart Insight e-news for heart patients and their families at [HeartInsight.org](http://HeartInsight.org).
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/SupportNetwork](http://heart.org/SupportNetwork).

Do you have questions for your doctor or nurse?

Take a few minutes to write your own questions for the next time you see your health care professional.

For example:

**What's the most important change I should make first?**

**How often should I check my blood pressure?**

### MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to reduce your risk for heart disease or manage your condition or care for a loved one. Visit [heart.org/AnswersByHeart](http://heart.org/AnswersByHeart) to learn more.