10 Things You Can Do Today to Prevent/Reverse Heart Disease

1. Get moving
   Incorporate aerobic (cardiovascular), strength, flexibility, balance and coordination into your exercise routine; the bottom line is to stay active.

2. Participate in a Community
   You enjoy – family, friends, church, volunteer, workplace, book club, exercise group, etc.

3. Know your numbers
   Cholesterol, LDL, HDL, triglyceride, fasting glucose, hs-CRP, and in some cases Vit D, Vit B12, insulin levels, HbA1c, and Coronary Calcium Score.

4. Eat Plant Strong
   Eat greens, beans, vibrant colors, whole grains, and seeds and nuts sparingly.

5. Get 7-8 hours of restful sleep
   Every night of the week.

6. Spend quality time alone
   30 – 60 minutes with yourself daily.
   Examples: meditating, reading, Tai Chi, Yoga, exercising, music, etc.

7. Pursue peacefulness
   Within yourself; don’t sweat the small stuff.

8. Read labels
   Especially the ingredients and walk away from the Standard American Diet (SAD) and toward a plant-based diet.

9. Turn off the TV

10. Create your own Program
    The bigger the investment, the bigger the return.

Plant-Strong Cookbooks: Happy Herbivore, Plant Pure Nation, Prevent and Reverse Heart Disease Cookbook

Learn more about our 12-week program:
520-544-3720 • HeartSeries.org

SAD
- Meat
- Dairy
- Eggs
- Processed grains
- Fast food/fried food
- High added sugar
- Sweets/desserts
- High salt
- Calorie dense
- Low fiber

Whole-food, plant-based
- Fruits
- Vegetables
- Legumes
- Whole grains
- Home cooked
- Nuts, seeds
- Low added sugar
- Low added salt
- Nutrient dense
- High fiber