

The **Great 8** Cardiovascular and Diabetes
Healthy Heart Behaviors

ALL “GREAT 8”

Each message below represents one of the **Great 8** recommended healthy behaviors.
Please do one or more of the following:



Be Active.



Eat Well.



Practice Wellness.



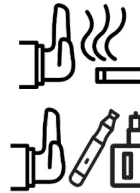
Check Your
Blood Pressure.



Understand Your
Blood Sugar Numbers.



Know Your
Cholesterol Levels.



Steer Clear of
Smoking and Vaping.



Follow Your Doctor's
Recommendations.

Additional comments or notes:



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