

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

Be Active

Each message below represents a way to “Be Active”. Please do one or more of the following:



Walk or run more.



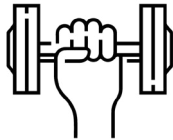
Ride a bicycle.



Exercise with family.



Walk outside.



Build your strength.



Play a sport.



Move more.



Move more.

Additional comments or notes:



DOH 345-368 September 2019

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Eat Well

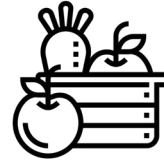
Each message below represents a way to “Eat Well”. Please do one or more of the following:



Buy fresh produce.



Eat balanced meals.



Eat more fruit and
vegetables.



Eat more fiber.



Eat more leafy greens.



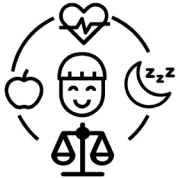
Drink plenty of water.

Additional comments or notes:

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Practice Wellness

Each message below represents a way to “Practice Wellness”. Please do one or more of the following:



Find balance and
reduce stress.



Exercise your heart.



Get enough sleep.



Practice relaxation or
meditation.



Go dancing.



Do things with
a partner.



Have fun with a group
or with family.



Do activities
with a group.

Additional comments or notes:



DOH 345-368 September 2019

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Check Your Blood Pressure

Each message below represents a way to “Check Your Blood Pressure”.

Please do one or more of the following:



Have someone check
your blood pressure.



Check your own
blood pressure.



Monitor your
blood pressure.



Record and share
numbers with your
doctor.

Additional comments or notes:



DOH 345-368 September 2019

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Understand Your Blood Sugar Numbers

Each message below represents something you should do to “Understand Your Blood Sugar Numbers”.
Please do one or more of the following:



Get tested for high
blood sugar..



Monitor your blood
sugar numbers
regularly



Keep your numbers in
a healthy range.



Follow your doctor's
recommendations.

Additional comments or notes:

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Know Your Cholesterol Levels

Each message below represents a different way to “Know Your Cholesterol Levels”.
Please do one or more of the following:



Learn about high cholesterol and your health.



Get tested for high cholesterol.



Follow your doctor's recommendations.



Take actions to lower your cholesterol.

Additional comments or notes:

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Steer Clear of Smoking/Vaping

Each message below represents a way to “Steer Clear of Smoking/Vaping”.
Please do one or more of the following:



Avoid smoking
cigarettes.



Avoid
vaping.



Avoid smoking
hookah.



Schedule a day to quit
smoking or vaping.

Additional comments or notes:



DOH 345-368 September 2019

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Follow Your Doctor's Recommendations

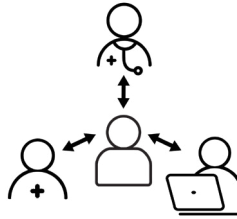
Each message below represents a way to "Follow Your Doctor's Recommendations".
Please do one or more of the following:



Talk to your doctor.



Listen to your doctor
and health care team.



Talk with your
health care team.



Fill and take
prescription medicines.

Additional comments or notes:



DOH 345-368 September 2019