

TIPS FOR HEALTHY LIFESTYLE

HEALTHY FOOD PRESCRIPTION

Free fruits & vegetables
ENROLL TODAY!

785-380-8998
livewellgearycounty.org



CHECK YOUR BLOOD PRESSURE

- Check twice a day once in the morning and once at night
- Record each reading and take with you to each healthcare appointment
- Ask your doctor about your blood pressure goal
- Discuss medications with your healthcare provider

BUILD HEALTHY EATING HABITS

- Prioritize heart healthy meals include:
 - fruits and vegetables
 - whole grains
 - lean meats (chicken, fish)
 - nuts and legumes
- Work with a dietitian to plan your personalized nutrition needs

BE ACTIVE

- Physical activity can strengthen your heart and reduce heart disease risks
- Get 150 minutes moderate activity weekly
- Try these activities
 - walking
 - yoga
 - resistance bands
- Start with one day a week and gradually increase. Build a habit!



A fist is
about 1 cup

A finger tip is
about 1 teaspoon



A thumb is about 1
tablespoon

A cupped hand is
about 1/2 cup



A palm is
about 3 oz



www.Heart.org