



Create a Plan For Change

Take Control

YOUR VISION

- Picture your healthiest future: What are you doing? How are you feeling?
- A strong vision gives you purpose and keeps you motivated.
- Write it down and place it somewhere you'll see every day.

YOUR GOALS

- Choose one realistic goal that supports your vision (e.g., sleep better, reduce stress).
- Keep doing what's already working—build slowly, don't overload.

Weekly action plan

This week I will:

What Eat more vegetables

When At dinner time

Where At home

How much One extra cup of vegetables

How often 3 days this Week

ACTION PLAN

- Reflect each week—adjust your plan if something didn't work.
- Keep trying new ideas and build momentum with each small success.



Start an Aerobic Exercise Program

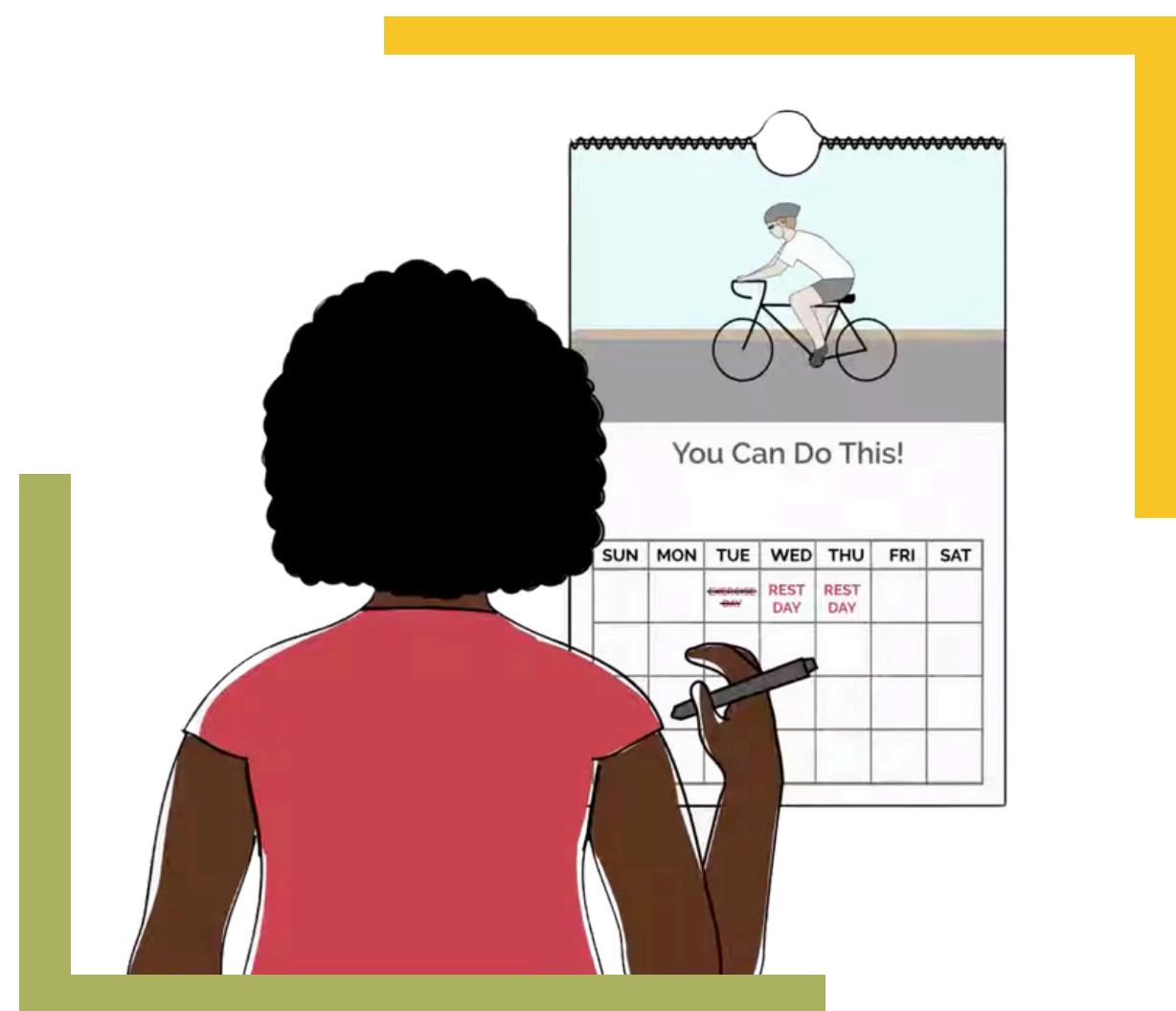
Get Active

AEROBIC EXERCISE

- Regular exercise lowers risk of another heart event by 25% and early death by 50%.
- Cardiac rehab helps you safely start aerobic exercise step by step.
- Aerobic activity raises heart rate—like walking, biking, or swimming.

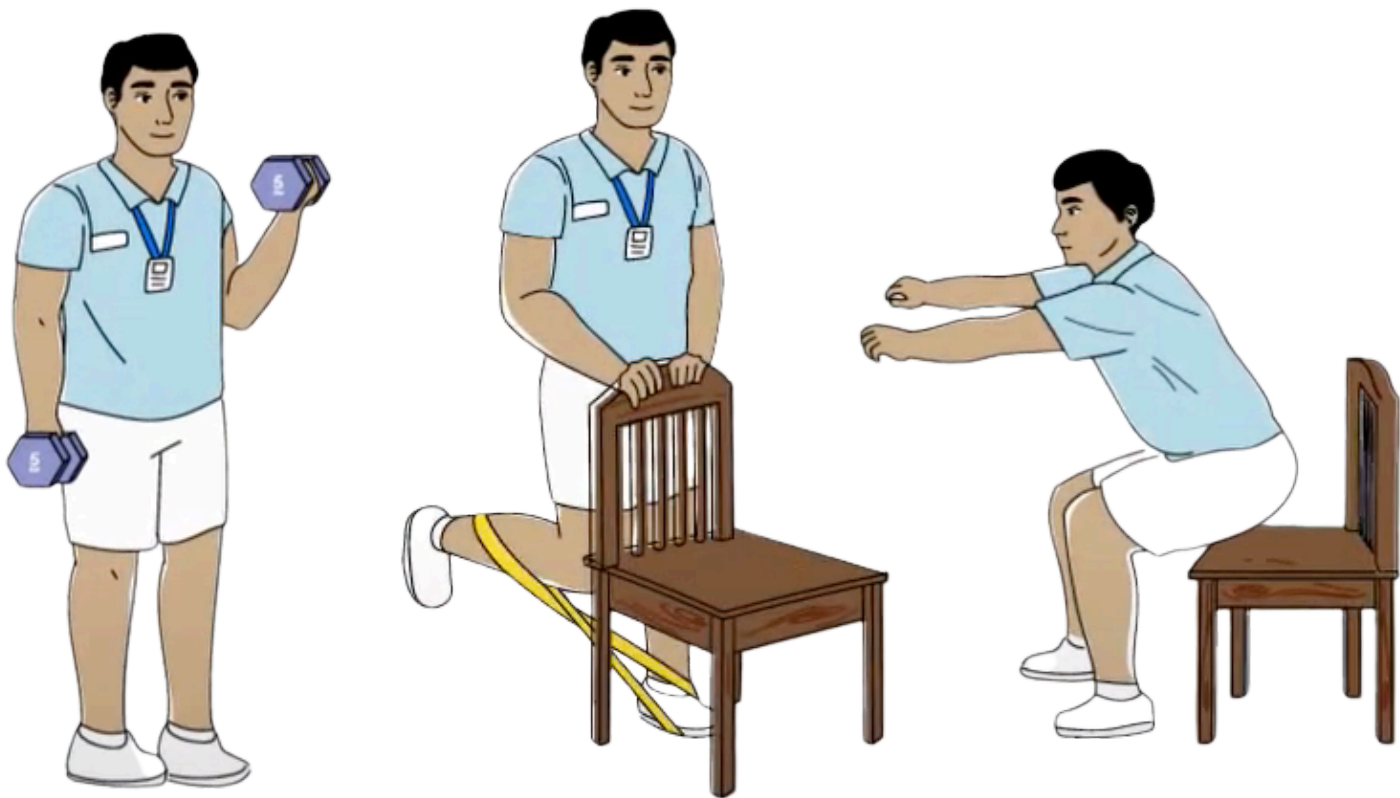
GET STARTED

- Start with at least 10 minutes of aerobic exercise per day.
- Work up to 30 minutes per day, most days of the week.



WHAT TO EXPECT

- You'll gradually build an aerobic exercise habit.
- Stay with it—cardiac rehab meets you where you are.



Start a Resistance Training Program

Get Active

STRENGTH EXERCISE

- Boosts strength, blood sugar control, and heart health.
- Cardiac rehab helps you ease into resistance exercise in a safe, structured way.
- Resistance training uses dumbbells, resistance bands, or your own body weight to strengthen muscles.

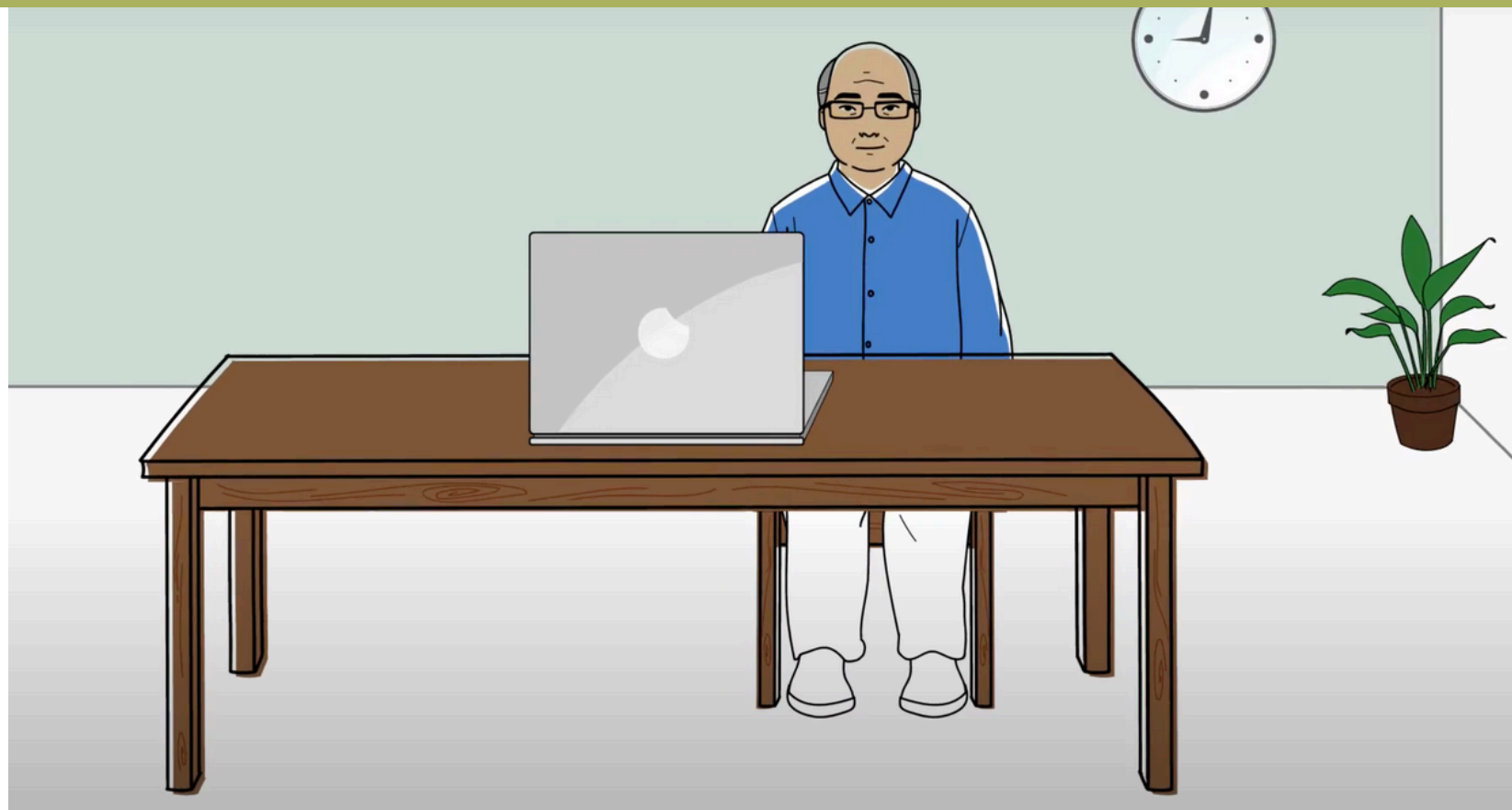
GET STARTED

- Aim for 2 sessions per week with rest days in between.
- Begin with 10 reps; adjust resistance so it feels “somewhat hard” to “hard.”



WHAT TO EXPECT

- Some soreness is normal—rest if pain lasts more than 4 days.
- Keep going—cardiac rehab is built to match your pace.



Sit Less Move More

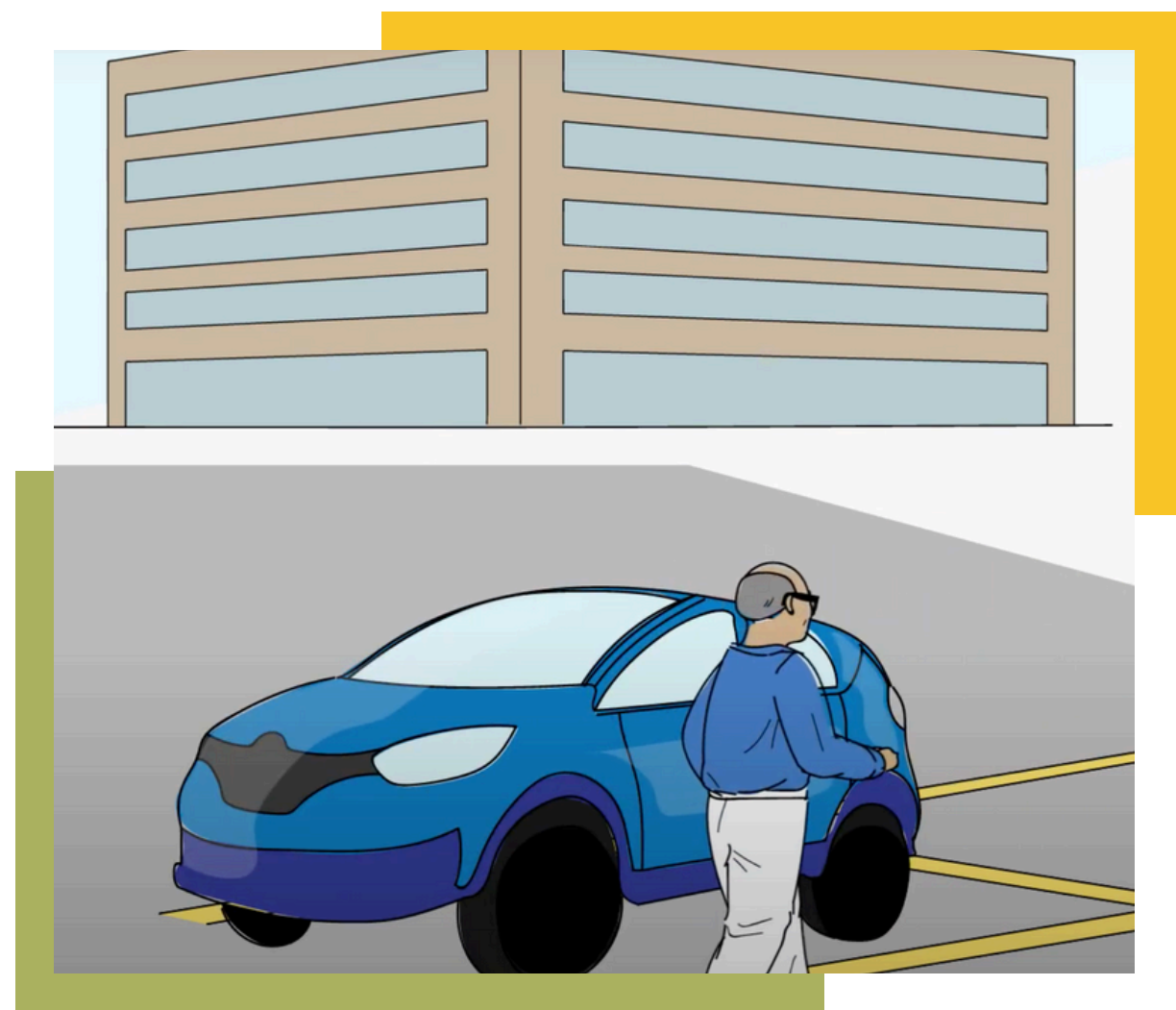
Get Active

HEALTH RISKS

- Raises risk of heart disease, stroke, diabetes, and some cancers.
- Body starts to change after just 1 hour of sitting.
- Can cause pain, numbness, and poor circulation in legs and back.

HEALTHY HABITS

- Stand or move every 45 minutes for 2–3 minutes.
- Use simple bodyweight exercises like squats or wall push-ups.



DAILY TIPS

- Use stairs, park farther away, and stand during TV ads.
- Set reminders to take movement breaks throughout the day.



Choose Healthy Foods

Eat Healthy

FOOD BASICS

- Focus on fresh, whole foods like fruits, vegetables, whole grains, and legumes.
- Limit processed foods high in unhealthy fats, salt, and added sugar.
- Use the Nutrition Facts table to guide healthier packaged food choices.

KEY NUTRIENTS

- Choose healthy fats; limit saturated and trans fats.
- Eat more fiber, less sodium—check food labels.



SMART CHOICES

- Try recipes using foods with clear nutrition labels.
- Drink more water when increasing fiber to avoid discomfort.



Develop a Healthy Relationship with Food

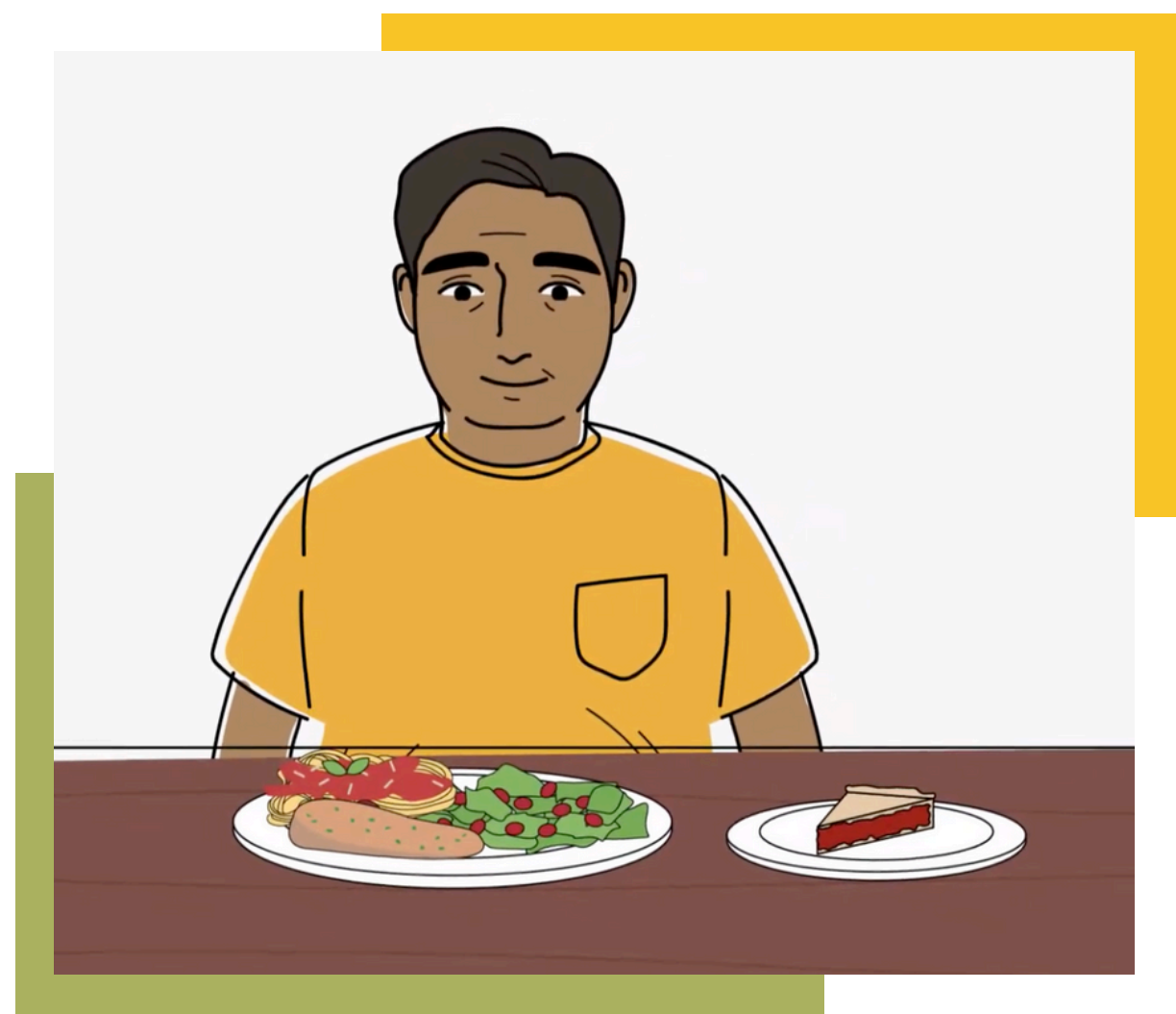
Eat Healthy

FOOD AWARENESS

- Notice how food tastes, smells, and makes you feel.
- Let go of guilt and enjoy eating without judgment.
- Avoid restrictive diets that label foods as “good” or “bad”—they often backfire.

MINDFUL EATING

- Eat slowly and use all five senses: sight, smell, sound, taste, and touch.
- Stay present and aware of thoughts, emotions, and surroundings while eating.



INTUITIVE EATING

- Listen to your body: eat when hungry, stop when comfortably full.
- Ask yourself why you’re eating—hunger, boredom, habit, or emotion?



Eat the Mediterranean Way

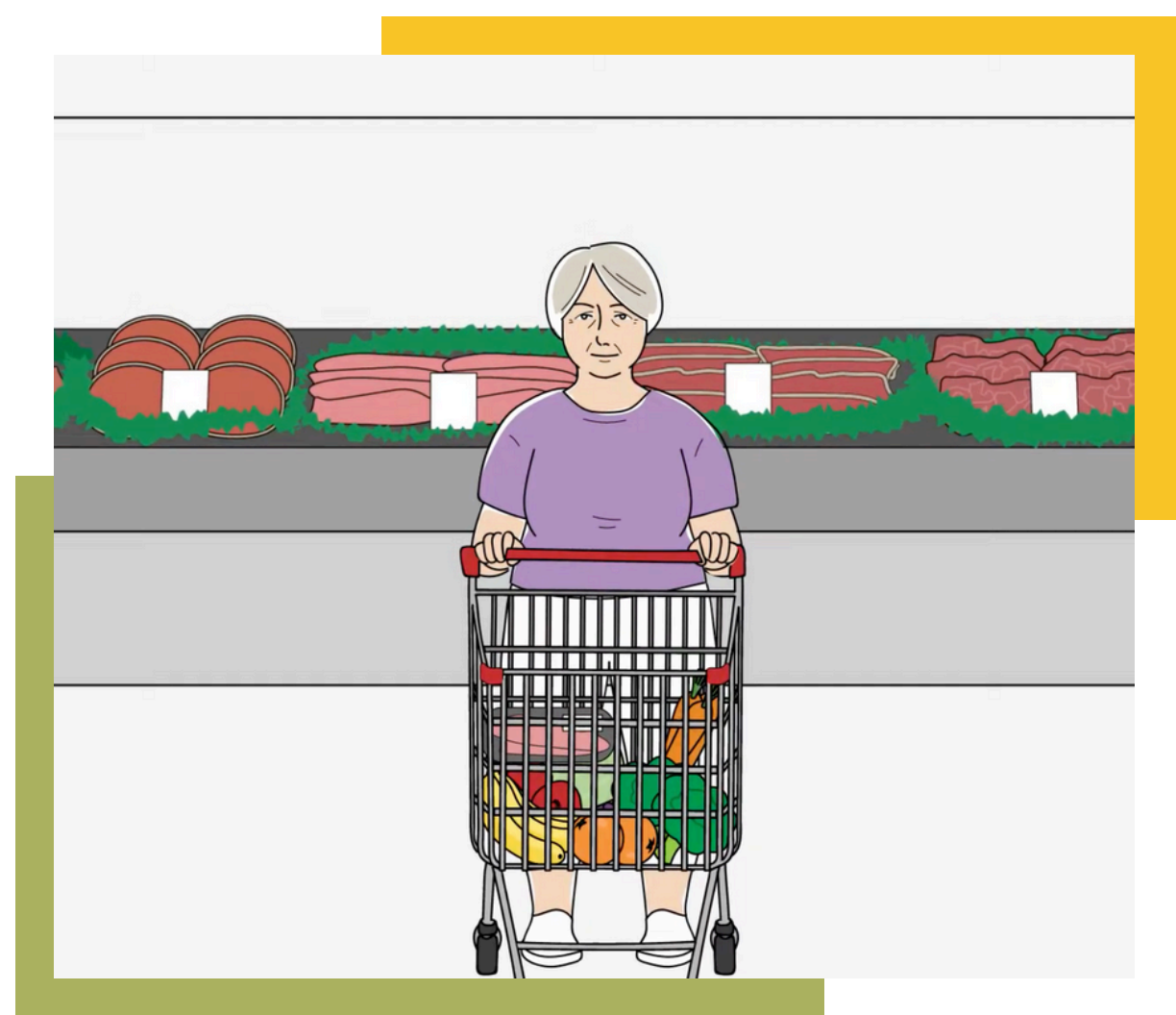
Eat Healthy

DIET BASICS

- A heart-healthy eating style based on the traditional foods of countries near the Mediterranean Sea.
- Focuses on fresh, whole foods like vegetables, fruits, fish, whole grains, and healthy fats.

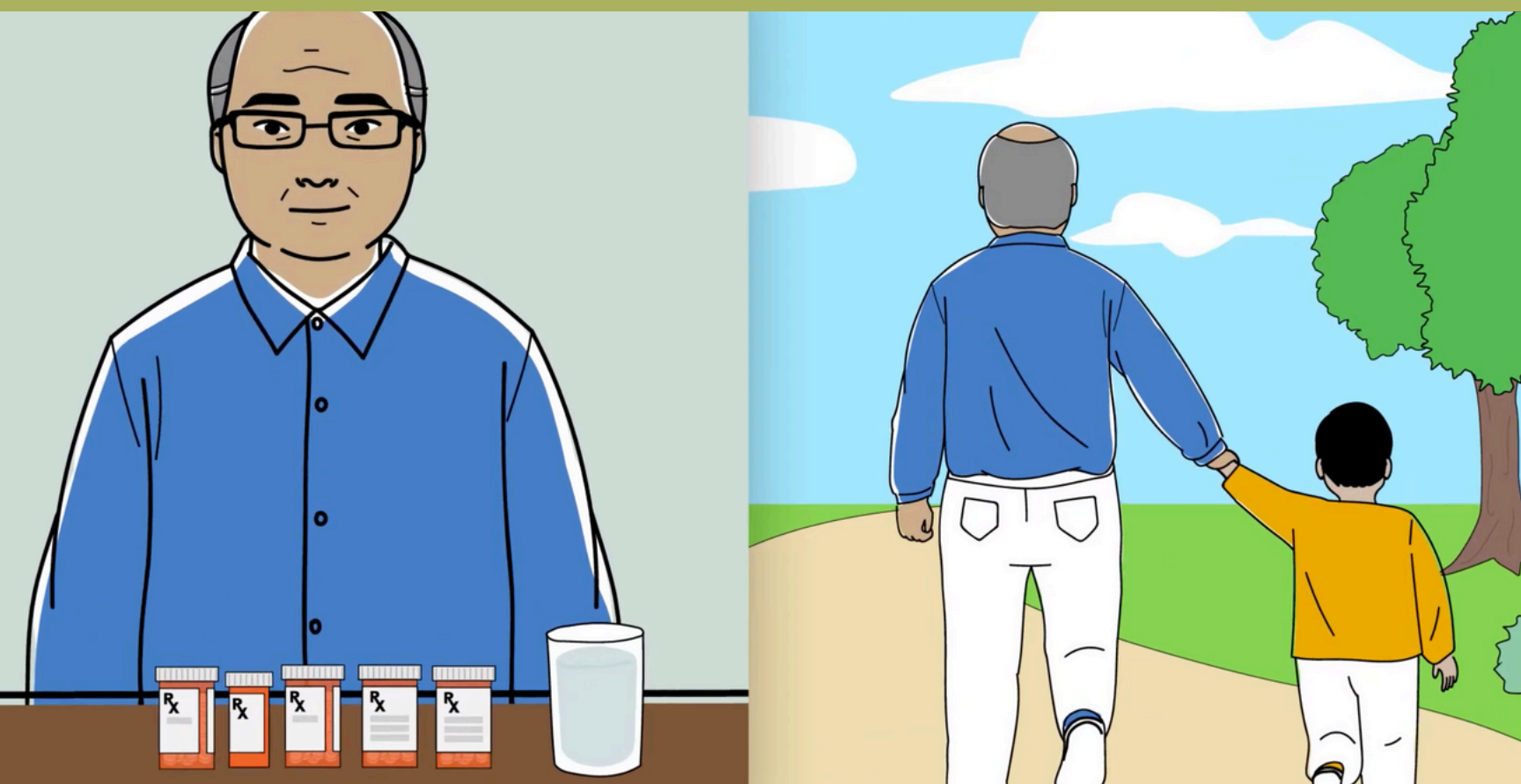
FOOD FOCUS

- Prioritizes colorful veggies, fruits, nuts, seeds, and whole grains.
- Adds flavor with herbs, spices, garlic, onion, and tomato—not salt.



SMART SHOPPING

- Shop the outer edges of the store for fresh produce, dairy, fish, and lean meats.
- Include pantry staples like olive oil, beans, and whole grains from key aisles.



Take Your Medicine

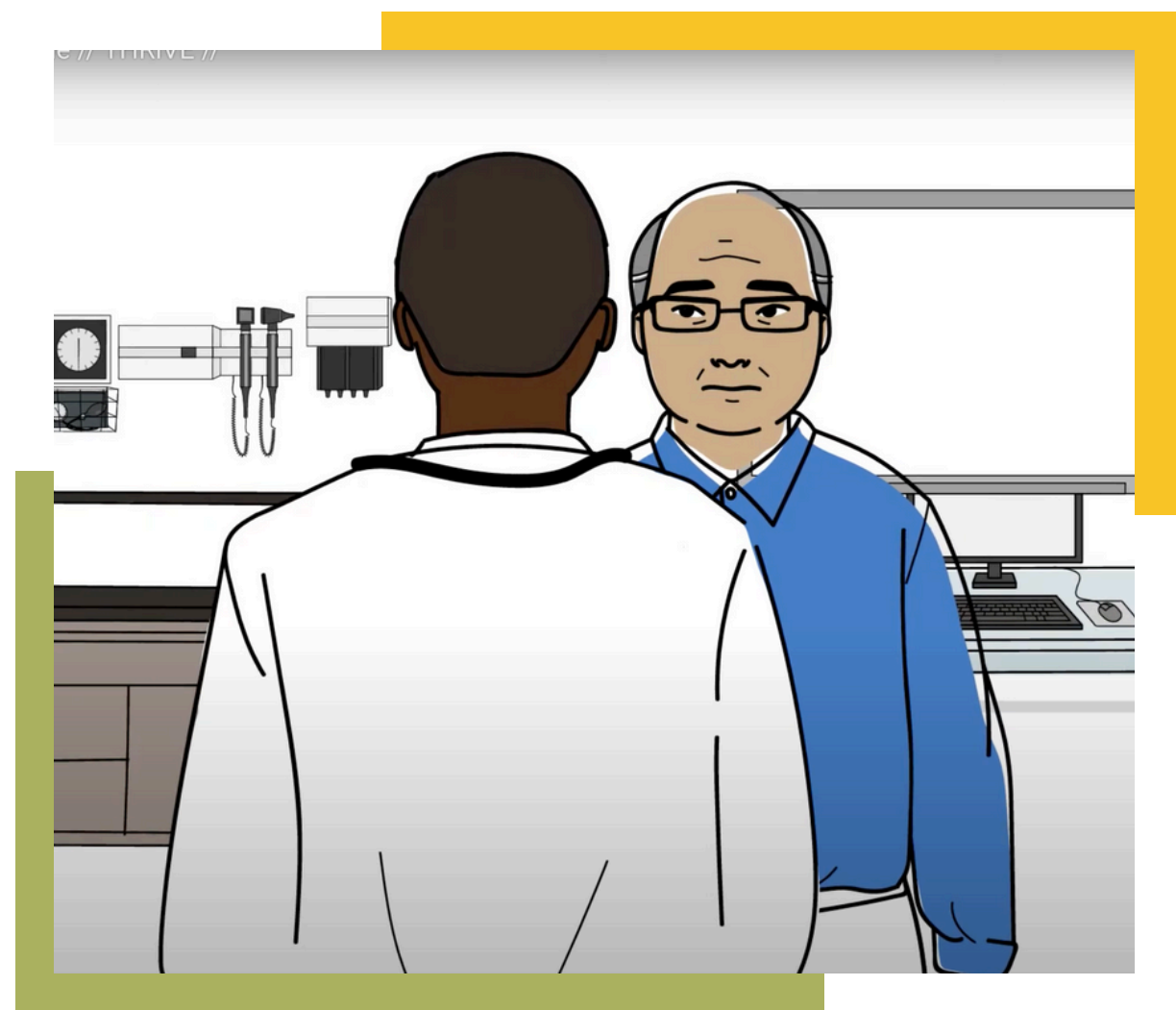
TREAT HEART DISEASE

MEDICINE MATTERS

- Taking heart meds regularly helps prevent future heart problems.
- Talk to your doctor or pharmacist if you have questions or side effects.
- Some medicines are lifelong, others may only be temporary.

KNOW YOUR MEDS

- Learn the purpose of common heart meds like statins, beta blockers, and nitrates.
- Don't stop taking meds without medical advice.



SMART STEPS

- Review your meds with a doctor or pharmacist to confirm doses and timing.
- Create an action plan to stay on track and improve long-term heart health.



Manage Depression, Stress and Burnout

FEEL WELL

EMOTIONAL IMPACT

- Chronic conditions can lead to depression, stress, or burnout.
- You are more than your diagnosis—thriving is possible.
- Mental health struggles are common and nothing to be ashamed of.

COPING TOOLS

- Label feelings, say no, and ask for help when overwhelmed.
- Try stress-relief practices like belly breathing, movement, or meditation.



HEALTHY MINDSET

- Practice self-compassion and treat yourself with kindness.
- Talk to a doctor or someone you trust, and make a small action plan.



Sleep Well

FEEL WELL

SLEEP MATTERS

- Poor sleep (less than 6 or more than 9 hours) is linked to irritability, low energy, and poor focus.
- Quality sleep supports heart, brain, and emotional health—and helps manage conditions like diabetes and high blood pressure.

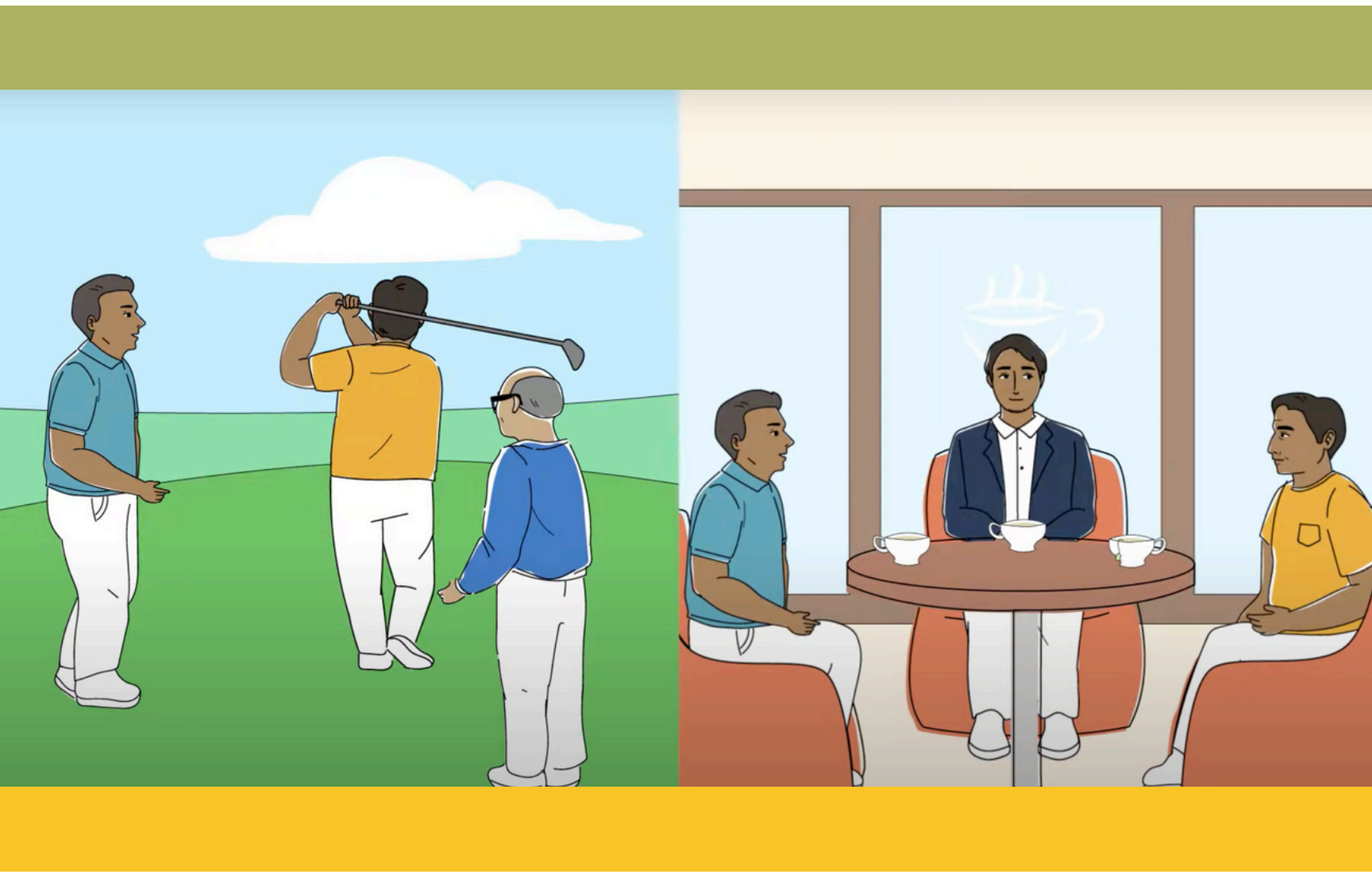
BETTER HABITS

- Avoid food, alcohol, and exercise 4 hours before bed.
- Turn off screens 1 hour before bedtime.
- Wind down with calm activities in a cool, dark room.



SLEEP APNEA

- Signs: loud snoring, daytime fatigue, stopped breathing.
- Increases risk of heart attack, stroke, and high blood sugar.
- A sleep test and CPAP can improve sleep and health.



Strengthen Your Social Relationships

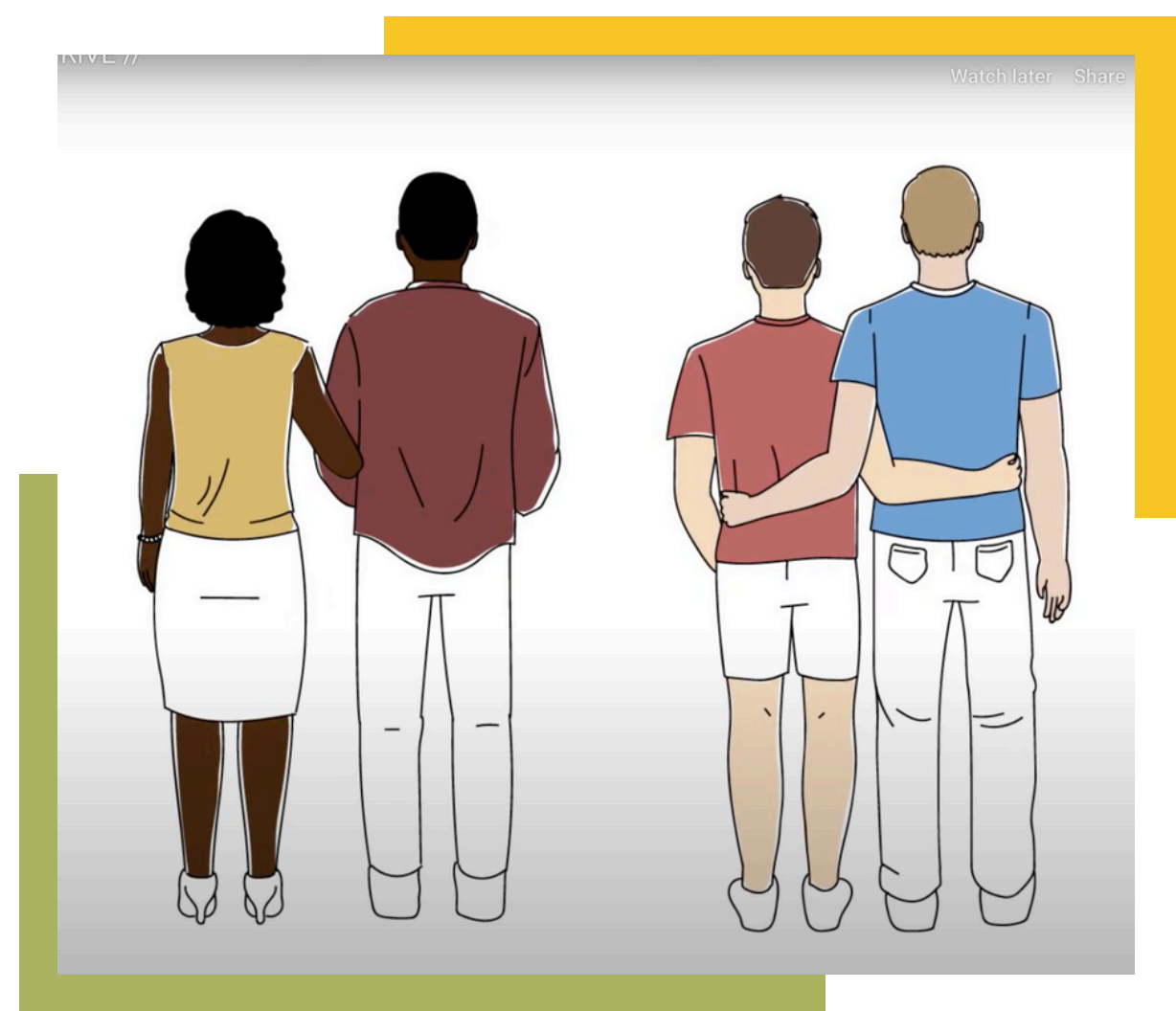
FEEL WELL

SOCIAL HEALTH

- Strong relationships reduce stress and support heart health.
- People in long-living communities share active social networks.
- Loneliness can impact health as much as smoking 15 cigarettes/day.

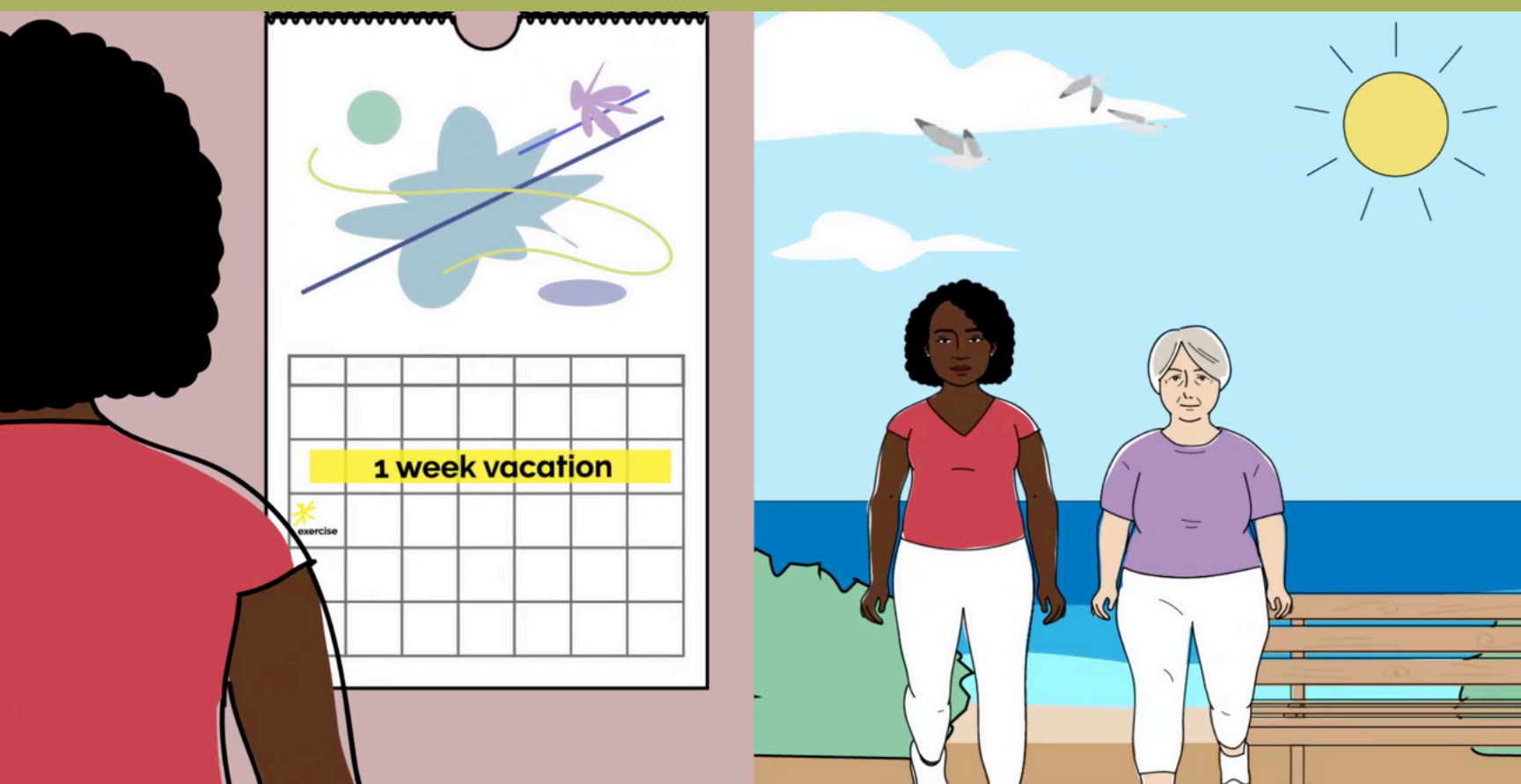
COMMUNICATION

- Use “I” statements to express your needs clearly (e.g., “I feel sad when...”)
- Talk openly with friends, family, or healthcare providers about emotions.



SUPPORT INTIMACY

- Heart disease and diabetes can affect sexual health due to meds or stress.
- Respect, trust, and communication are key in romantic relationships.



Choose Health Everyday

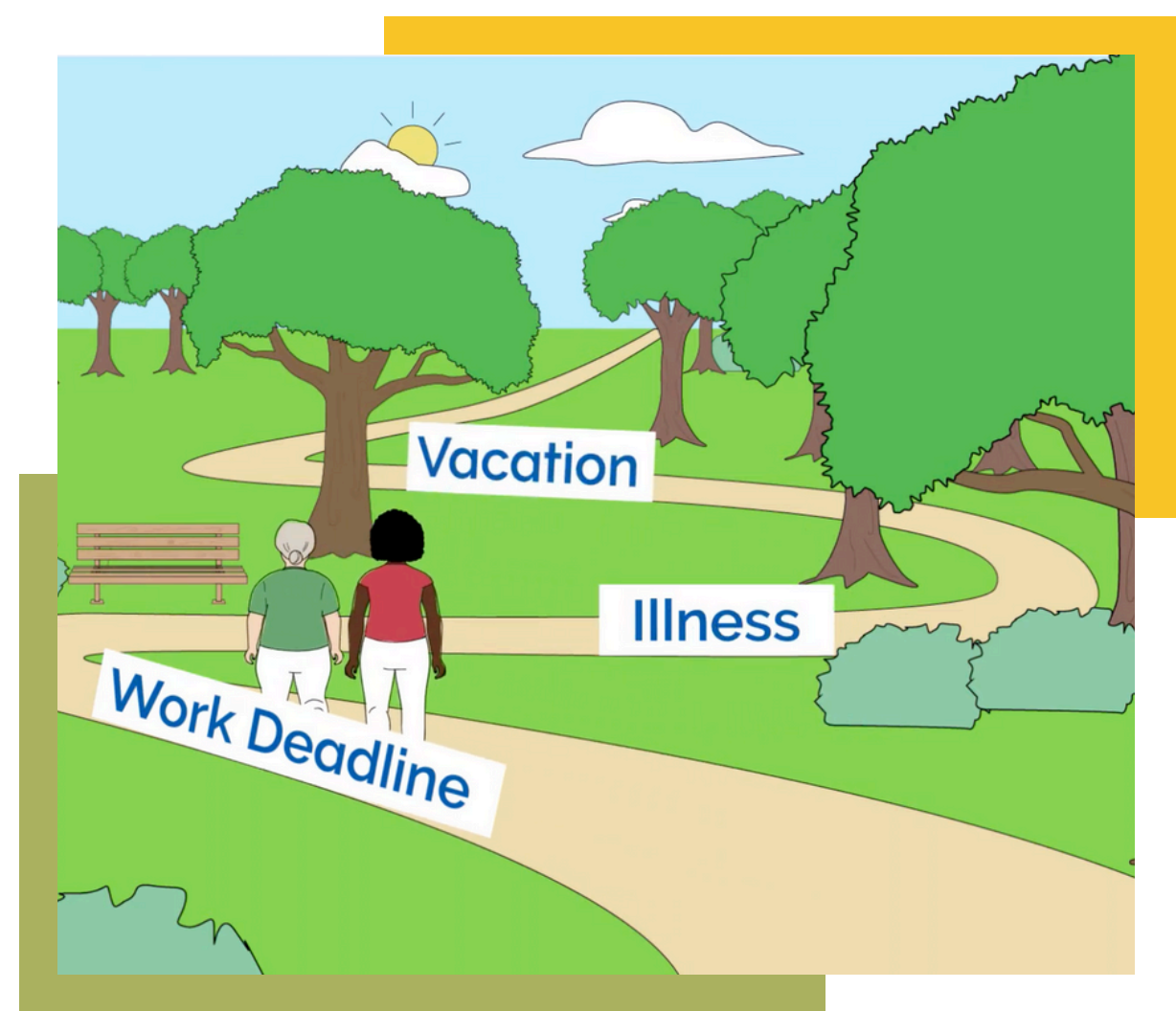
TAKE CONTROL

DAILY CHOICES

- Health is about progress, not perfection or being disease-free.
- Picture the life you want and build habits that support it.
- Small changes add up—consistency matters more than intensity.

KEEP GOING

- Relapse is common—plan ahead for life disruptions.
- Reflect weekly: What worked? What didn't? Adjust and try again.



STAY ON TRACK

- Go back to your “why” when motivation dips.
- Support from others makes habit change easier.
- This is a lifelong journey—not a race, but a direction.