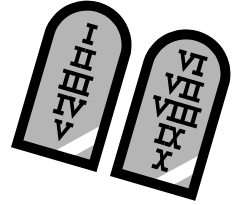




## Ten Commandments for a Heart-Healthy Temple



- **Thou shall have your blood pressure checked regularly.**  
*If your pressure is high, follow your doctor's advice to control it.*
- **Thou shall not smoke cigarettes or other tobacco products.**  
*If you smoke, quit!*
- **Thou shall eat a low-fat diet.**  
*Your daily total fat intake should be no more than 30 percent of total calories.*
- **Thou shall eat a low-cholesterol diet.**  
*Your daily intake should be less than 300 milligrams per day.*
- **Thou shall have your blood cholesterol level checked regularly.**
- **Thou shall limit the amount of salt in cooking and at meals.**  
*Sodium intake should be less than 2400 milligrams per day*
- **Thou shall be physically active.**  
*It is best to do a minimum of 30 minutes at moderate to vigorous intensity exercise on most days of the week. But, even walking, working in the yard and cleaning the house are good for you.*
- **Thou shall maintain your proper weight.**  
*If you are overweight, follow American Heart Association guidelines for a balanced, nutritious diet as you reduce.*
- **Thou shall know the warning signals and actions of heart attack and stroke.**
- **Thou shall know the risk factors for heart disease.**  
*A change in your lifestyle can modify several risk factors: cigarette/tobacco smoke, high blood cholesterol, high blood pressure and physical inactivity.*