



## Life's Simple 7

### The American Heart Association's Seven Simple Steps to Live Better

*week 1*

#### The 7 Steps



- Get Active
- Eat Better
- Lose Weight
- Stop Smoking
- Control Cholesterol
- Manage Blood Pressure
- Reduce Blood Sugar

#### Helpful Web Sites for Healthy Living

- [Nhlbi.nih.gov](http://nlbi.nih.gov) (National Heart, Lung, blood institute)
  - Dash Diet
- [Nhlbissupport.com](http://nlbissupport.com)
  - Calculate your Body Mass Index
- [Diabetes.org](http://diabetes.org) ( American Diabetes Association)
- [Americanheart.org](http://americanheart.org)
  - Go Red BetterU is a free 12-week on line program that offers women a plan, daily reminders, tips, interactive videos and more to achieve better health through small, simple choices.
  - Go Red for Women
  - Life's Simple 7
  - Diabetes prevention
  - Diabetes management
- [Quitsmart.com](http://quitsmart.com)
  - Information on the quit smart program
  - Local contact: Bob Carter, 387-2111/387-9193, [drydoc@boreal.org](mailto:drydoc@boreal.org)
- <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/pyramid/>
  - Harvard School of Public Health Healthy Eating Pyramid