

# Healthy Heart Checklist



It's important to know what you can do to start living a healthy heart lifestyle. Take these questions and discuss them with your doctor:

## What are my risk factors for heart attack? How can I manage the risk factors within my control?

- ▶ Weight: \_\_\_\_\_
- ▶ Stress: \_\_\_\_\_
- ▶ Smoking: \_\_\_\_\_
- ▶ Family history: \_\_\_\_\_
- ▶ Age: \_\_\_\_\_
- ▶ Gender: \_\_\_\_\_

## Are my cholesterol levels healthy?

### Recommended Targets:

- ▶ Total Cholesterol: 200 mg/dL or less \_\_\_\_\_
- ▶ HDL ("Good") Cholesterol:  
More than 60 mg/dL \_\_\_\_\_
- ▶ LDL ("Bad") Cholesterol:  
Less than 100 mg/dL \_\_\_\_\_
- ▶ Triglycerides: Less than 150 mg/dL \_\_\_\_\_

## How can I reach or maintain healthy cholesterol levels?

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## How can I reach and maintain a healthy blood pressure level? (A reading of less than 120/80 mm Hg is considered normal.)

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## How often should I have my blood pressure checked?

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## What is my Body Mass Index (BMI)?

BMI values from 18.5 to 24.9 are **healthy**.

**Overweight** is defined as a BMI of 25.0 to less than 30.0. People with BMIs in this range have an increased risk of heart and blood vessel disease.

**Obesity** is defined as a BMI of 30.0 or greater. People with BMIs of 30 or more are at higher risk of cardiovascular disease. Extreme obesity is defined as a BMI of 40 or greater.

## How can I reach or maintain a healthy weight?

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## How can I manage stress?

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## What should I do to increase my physical activity levels?

The American Heart Association recommends that healthy adults ages 18–65 get at least 30 minutes of moderate exercise five days per week.

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## What tests should I know about?

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