

# 10 Things You Can Do Today to Prevent/Reverse Heart Disease

1

## Get moving

incorporate aerobic (cardiovascular), strength, flexibility, balance and coordination into your exercise routine; the bottom line is to stay active

2

## Participate in a Community

you enjoy – family, friends, church, volunteer, workplace, book club, exercise group, etc.

3

## Know your numbers

Cholesterol, LDL, HDL, Triglycerides, Fasting Glucose, and in some cases hs-CRP, Vitamin D, Vitamin B12, insulin levels, HbA1c, and Coronary Calcium Score. Normal Blood pressure is 130/80 or less. Normal BMI is 20 – 25.

4

## Eat Plant Strong

Eat greens, beans, vibrant colors (fruits and vegetables), whole grains, nuts and seeds. Walk away from the Standard American Diet (SAD) and toward a whole-food, plant-based diet.

5

## Read labels

including both the Nutrition Facts and the Ingredient Lists.

**Plant-Strong Cookbooks:** Happy Herbivore, Plant Pure Nation, Prevent and Reverse Heart Disease Cookbook

### SAD

Meat  
Dairy  
Eggs  
Processed grains  
Fast food/fried food  
High added sugar  
Sweets/desserts  
High salt  
Calorie dense  
Low fiber

### Whole-food, plant-based

Fruits  
Vegetables  
Legumes (beans, peas)  
Whole grains  
Home-cooked meals  
Nuts, seeds  
Low added sugar  
Low added salt  
Nutrient dense  
High fiber

6

**Get 7-8 hours of restful sleep** every night.

7

## Spend quality time alone and pursue peacefulness

15-30 minutes daily, removing yourself from life stressors. Don't sweat the small stuff. Learn and practice the Relaxation Response (Herbert Benson, MD) and learn to avoid the Fight or Flight Stress response.

**Examples:** meditating, reading, T'ai Chi, yoga, exercising, music, Heart-Math (biofeedback)

8

**Don't smoke and avoid second-hand smoke**

9

**Turn off the TV**

10

## Create your own Program

The bigger the investment, the bigger the return