

Live Better Campaign

Educational Information from St. Peter's Cardiac Center

Resolution #1
Stop Smoking



Live Better

Everyone knows smoking is bad for your health. Smoking causes your blood vessels to narrow, which raises blood pressure and puts extra strain on your heart. This can lead to heart disease or even a heart attack.

When you quit smoking, you can expect:

- Better vision
- Better sense of taste and smell
- Improved circulation
- Fewer coughs and sore throats
- Reduced risk of disease
- A longer life

Ask your physician for help on quitting successfully. It could save your life.

Call 1-800-HEART-76 for a FREE cardiac risk assessment.


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A Member of St. Peter's Health Care Services
The science of medicine. The compassion is real.

TOP 100

The more you know about the causes and treatments of heart disease, the better prepared you'll be to prevent it.

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Resolution #2
Exercise Regularly



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A strong heart is a healthy heart. Regular exercise yields many heart healthy benefits including:

- Stronger heart muscle
- Reduced stress
- Reduced weight
- Lower cholesterol
- Lower blood pressure
- Improved quality of life

Talk to your physician about the types of exercise programs that would fit you best. It could save your life.

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Resolution #3
Eat Healthy



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Adopting a healthy, well-balanced diet can greatly reduce your risk for developing heart disease by providing the following heart healthy benefits:

- Increased energy
- Reduced stress
- Reduced weight
- Lower cholesterol
- Lower blood pressure
- Better sleep at night

Eat healthy. It's easy, it's tasty and it could save your life.

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Resolution #4
Know Your Ideal Weight



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At your ideal body weight, your heart can pump blood throughout your body most efficiently. Many people are not at their ideal body weight, which is one reason heart disease is New York's #1 killer.

Knowing your ideal weight is a great starting point for preventing heart disease. Ask your doctor. It could save your life.

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Resolution #5
See Your Doctor



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Knowing your risk for heart disease is your first defense against a heart attack or stroke. Your physician can help you determine your risk, plus give you tips on prevention and treatment for heart disease.

Team up with your doctor. It could save your life.

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Resolution #6
Know Your Blood Pressure



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Abnormal blood pressure is a key indicator of potential heart disease. Taking your blood pressure on a regular basis means that you will reduce your risk. Often, there are no symptoms of high blood pressure.

Taking your blood pressure is simple, painless and it could save your life.

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Resolution #7
Relax



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High levels of stress can ultimately lead to heart disease and even heart attack. Taking time to spend with your family may help to relieve tension, as does walking, reading and meditation.

How ever you choose to relax, be sure to take at least a half hour per day to do so. It could save your life.

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Resolution #8
Moderate Consumption





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Heart disease prevention does not involve drastic lifestyle changes, but instead involves making simple changes to your everyday routine. Many worry that they have to completely give up all the little indulgences that add spice to life. This is not the case.

The key is to enjoy in moderation. You still can have the treat you enjoy, just a little less often.

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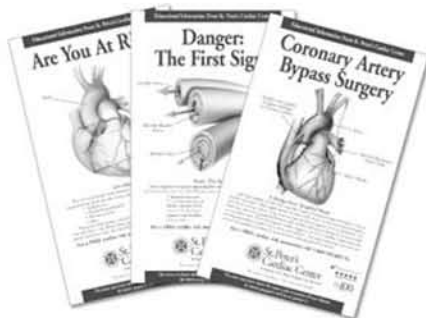
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Resolution #9
Educate Yourself




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Knowing a little bit better. Educate yourself about the prevention and treatment of heart disease. Being "heart-smart" could save your life or the life of someone you love.

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