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# Heart Smart: Healthy Living and Prevention of Chronic Disease

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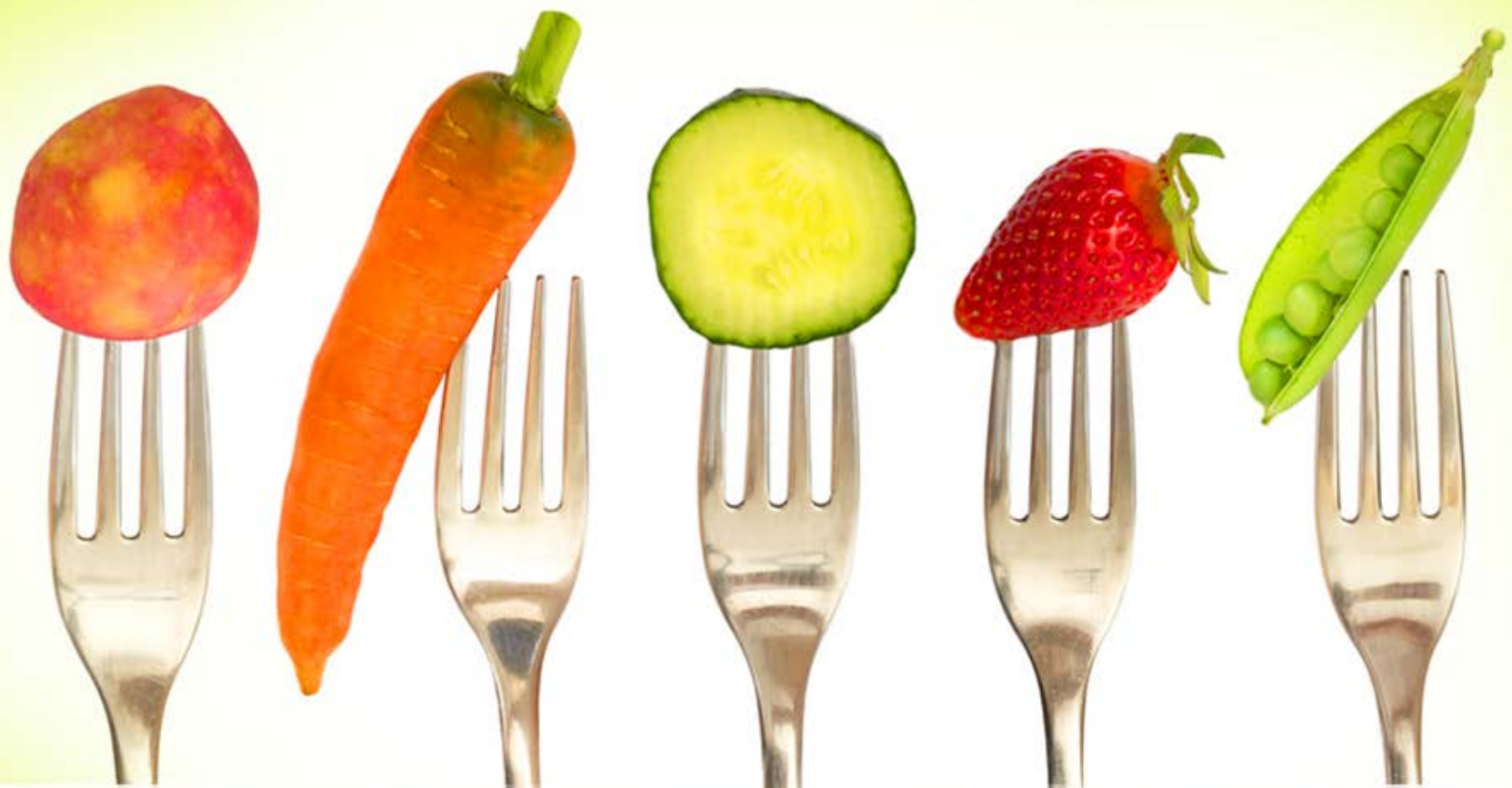
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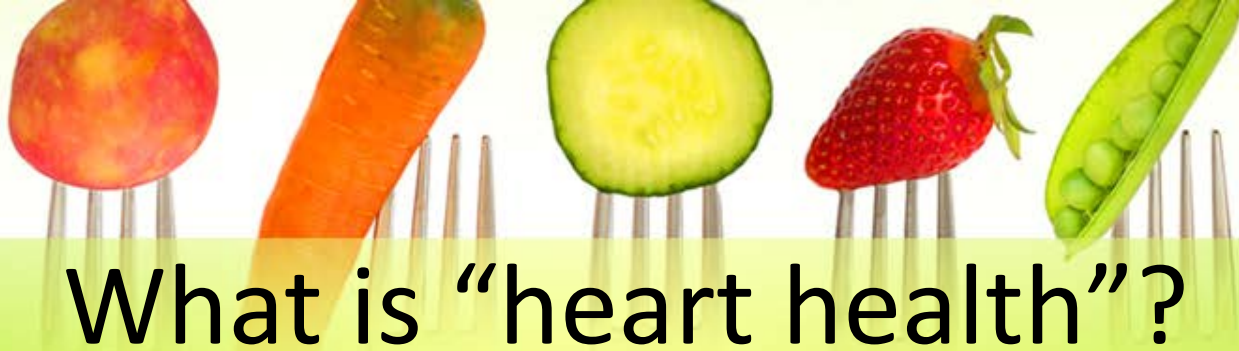
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# Heart Smart:

Healthy living and Prevention of Chronic Disease

Ginger Cameron, PhD



# What is “heart health”?

- Healthy Cholesterol levels
- Healthy Blood Pressure levels
- Healthy Glucose levels
- Healthy Body Weight
- Healthy Waist Circumference
- Healthy Stress Levels

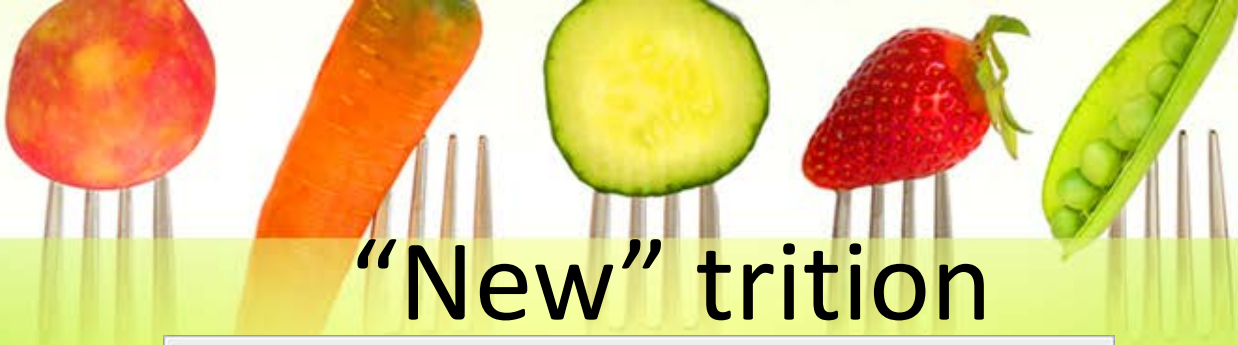


# Know your Numbers!

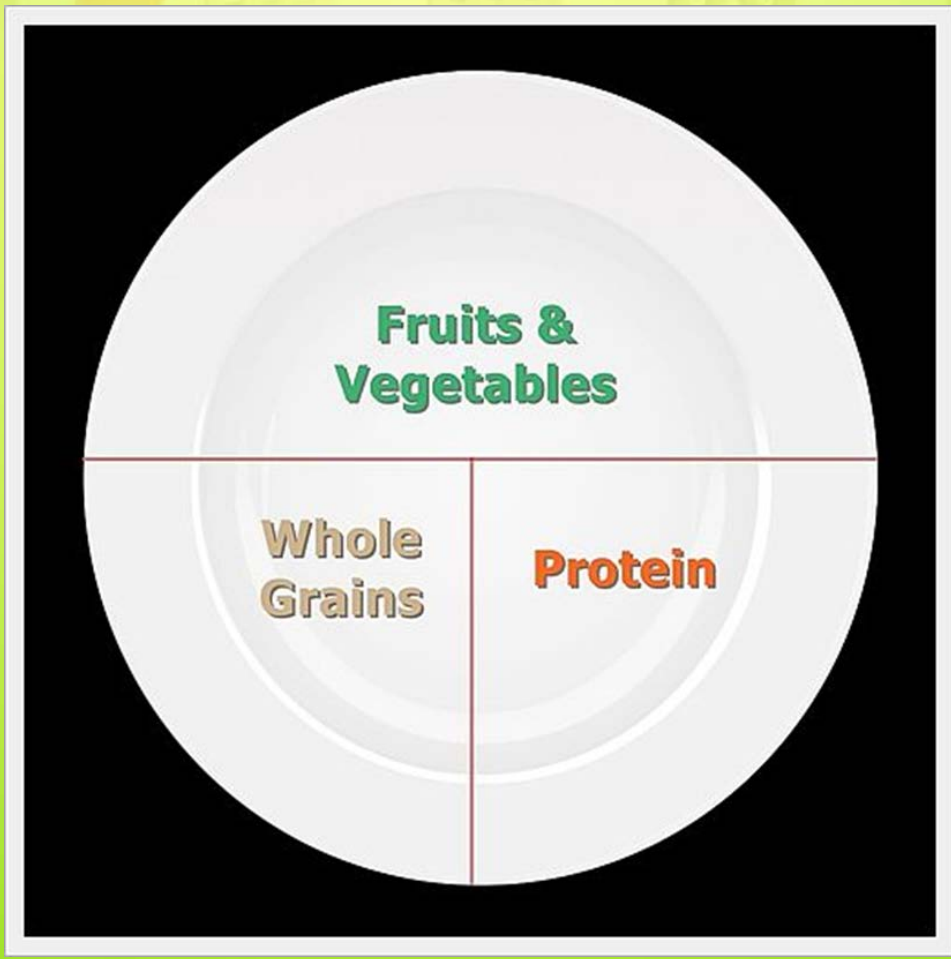
	<b>Optimal</b>	<b>Desirable</b>	<b>Borderline</b>	<b>High</b>	<b>Very High</b>
Total Cholesterol		Less than 200	200-239	Above 240	
LDL	Less than 100	100-129	130-159	160-189	Above 189
HDL	Above 60	40-59	Less than 40		
Triglycerides		Less than 150	150-199	200-499	Above 500
Glucose		70-99	100-125	Above 126	



\*Glucose numbers are for fasting plasma glucose



# “New” trition





# Eating Well





# Eating Well

- Eat “Real” food
- Limit:
  - Sugar
  - Artificial Ingredients
  - Processed Food
- Test:
  - Soy
  - Gluten
  - Corn





Only Buy What you Should eat.







# Recognize the 3 Types of Hunger

- Chemical
- Psychological
- Biological





# The Dreaded "E" Word





# Do What You Love.

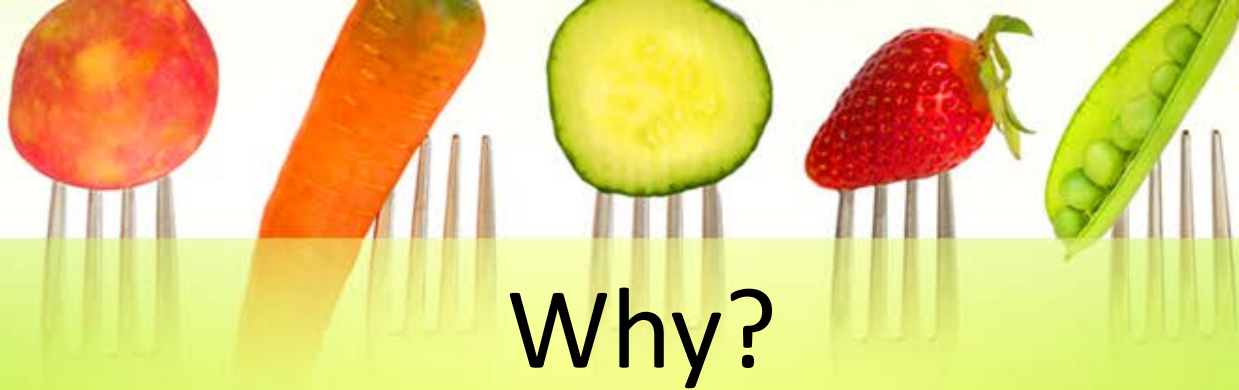




# Get F.I.T.T

- Frequency
- Intensity
- Time
- Type





## Why?

- Reduces blood pressure by 27%
- Reduces stroke by 26%
- Reduces Alzheimer's disease by 40%
- Reduces gallstones by 60%
- Reduces diabetes risk by 58%
- Reduces colon cancer by 30-40%
- Reduces ovarian cancer by 27%
- Reduces premature death by 27%





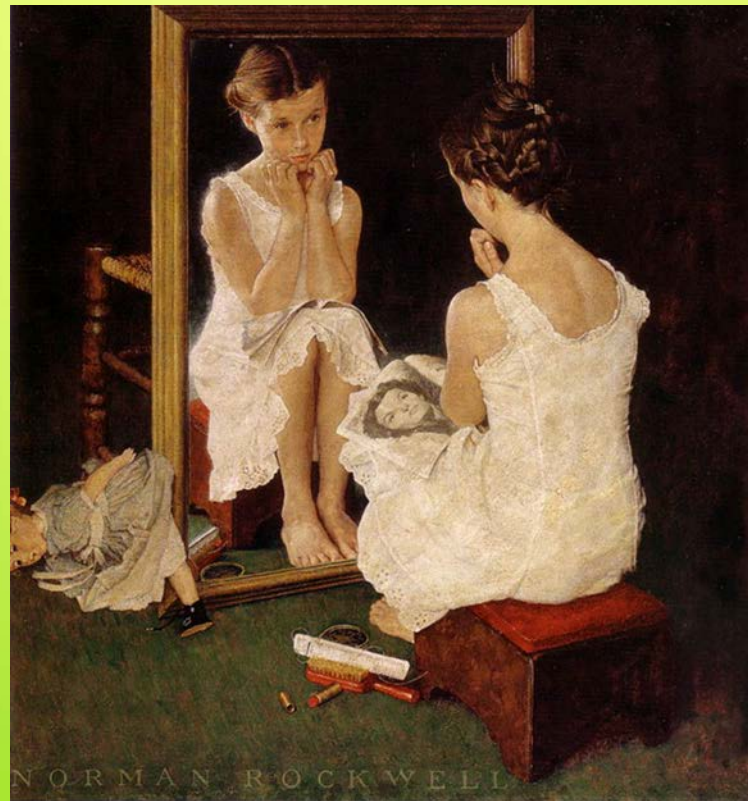
## Additional Benefits

- Reduces stress levels
- Reduces depression
- Reduces low back pain
- Reduces body weight
- Reduces bad cholesterol
- Improves sleep
- Improves energy level
- Increases bone density





# Getting Started

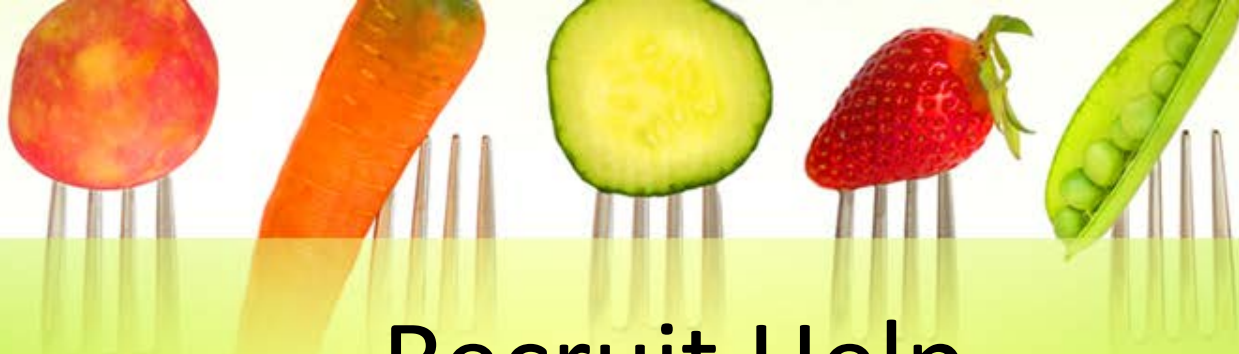




# Set Achievable Goals

- ❖ Be Realistic
- ❖ Be Specific
- ❖ Celebrate your victories
- ❖ Reevaluate periodically
- ❖ Set short-term and long-term goals





# Recruit Help

- Involve Family and Friends
- Seek out Experts
- There's an App for that...





Expect Setbacks.

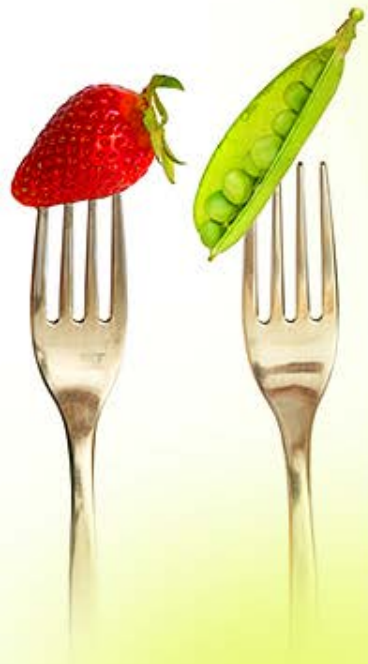




# Measuring Success



- ★ Hit the target 80% of the time
- ★ Better Today than Yesterday
- ★ Come back from a relapse



Questions?