

McLaren Print System Order

Order No: 85605
 Order Date: 2024-05-20
 Order Request Date:
 User: Nick VanHorn
 Phone: 989-894-6458

Ship Location: McLaren Bay Region Marketing Att: Nick VanHorn
 300 Mulholland Ave Ste
 Bay City, 48708

Brochures
 Quantity: 1
 Paragon Dept No: 17605-1000-642840
 Dept Name: Marketing
 Company Number:

Order Total Price: 62.00

Item Number: 1361200713
 Item Description: Neuroscience Lives Essential Poster
 Revision Date: 05/2024
 Print:
 Paper:
 Size:
 Fold:
 Finish:
 Drill:
 Poster:
 Misc Info: 20x30 Poster Mounted to Foamcore

American Heart Association
 Healthy for Good[®] **Life's Essential 8**

Improving and maintaining cardiovascular health, or CVH, can help you enjoy a longer, healthier life. Better CVH also has been associated with decreased risk for heart disease, stroke, cancer, dementia and other major health problems. **Life's Essential 8** outlines a few easy steps you can take to live a healthier lifestyle.

<p>EAT BETTER Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds and cooking in non-toxic oils such as olive and canola.</p>	<p>MANAGE WEIGHT Achieving and maintaining a healthy weight has many benefits. Body mass index (BMI), a numerical value of your weight in relation to your height, is a useful gauge. Optimal BMI for most adults ranges from 18.5 to less than 25. You can calculate it online or consult a health care professional.</p>
<p>BE MORE ACTIVE Adults should participate in 150 minutes of moderate or 75 minutes of vigorous physical activity, including 10 minutes of activity, every day. Kids should have 60 minutes every day, including play and structured activities.</p>	<p>CONTROL CHOLESTEROL High levels of LDL, or "bad" cholesterol, can lead to heart disease. Your health care professional can consider statins, cholesterol as the preferred number to monitor, rather than total cholesterol, because it can be measured without fasting, and is not calculated among all people.</p>
<p>QUIT TOBACCO One of the most serious delivery products, which includes traditional cigarettes, e-cigarettes and vaping, is the leading cause of preventable death in the U.S., including and about a third of U.S. children ages 0-17 are exposed to secondhand smoke or vaping.</p>	<p>MANAGE BLOOD SUGAR Most of the food we eat is turned into glucose (or blood sugar) that our bodies use as energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. As part of eating, monitoring hemoglobin A1c can better reflect long-term control in people with diabetes or prediabetes.</p>
<p>GET HEALTHY SLEEP Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-8 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, stroke and more.</p>	<p>MANAGE BLOOD PRESSURE Keeping your blood pressure within acceptable ranges can help you healthier longer. Adults less than 120/80 mm Hg are optimal. High blood pressure is defined as 130/80 mm Hg or higher. Optimal pressure (the top number in a reading) or 80 or less mm Hg. Diastolic pressure (bottom number).</p>

Spec Info: Learn more at heart.org/lifes8

© 2024 American Heart Association. All rights reserved. For more information, visit heart.org/lifes8.