

McLaren Print System Order

Order No: 86036  
Order Date: 2024-06-06  
Order Request Date: 2024-06-20  
User: Nick VanHorn  
Phone: 989-894-6458

Ship Location: McLaren Bay Region Attn: Nick VanHorn  
300 Mulholland St  
Bay City, 48706

Brochures  
Quantity: 1  
Paragon Dept No: Neuroscience 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

The poster features the American Heart Association logo and the text "Healthy for Good" and "Life's Essential 8". It lists eight key lifestyle factors: Eat Better, Manage Weight, Be More Active, Control Cholesterol, Quit Tobacco, Manage Blood Sugar, Get Healthy Sleep, and Manage Blood Pressure. Each factor is accompanied by a small icon and a brief description of its importance for cardiovascular health.

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.

- EAT BETTER**: Also for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds and watching in non-sugar-sweetened oils such as olive and avocados.
- MANAGE WEIGHT**: Achieving and maintaining a healthy weight that brings 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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) is a reading of 90 or less mm Hg. Diastolic pressure (bottom number).

Spec Info: Learn more at [heart.org/lifes8](http://heart.org/lifes8)

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