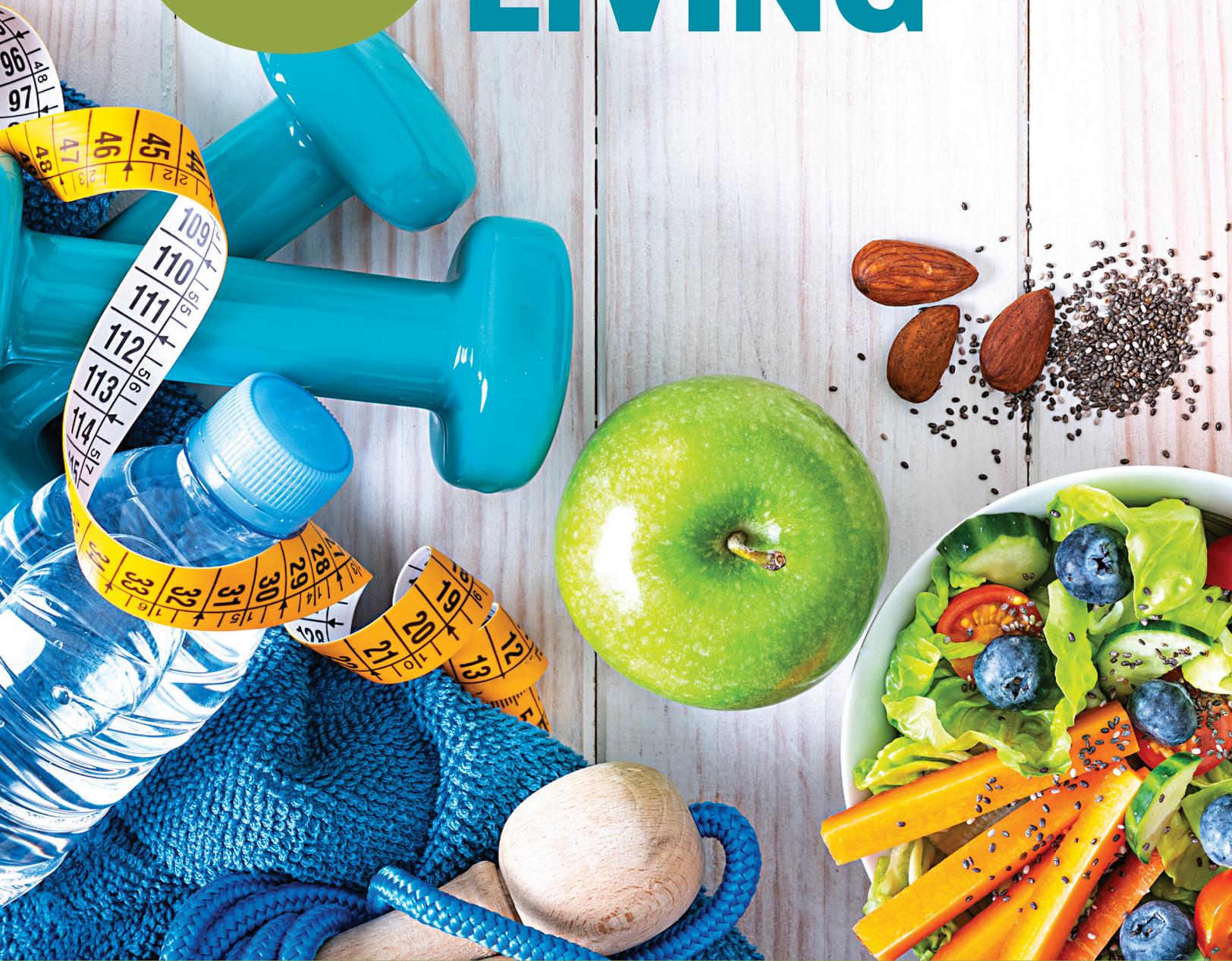


# 5 STEPS OF HEALTHY LIVING



# 1

## WHAT TO EAT



**E**ven minor adjustments in your diet will improve your health. Start by eliminating some of the worst foods for your health and replacing them with better alternatives.

Eliminate or limit these...	Choose these instead...
<b>Saturated fats</b> —found in red meat and dairy products. They raise your total and “bad” cholesterol. Aim for less than 7% of daily calories from saturated fats.	Lean cuts of meat, low-fat dairy and monounsaturated fats found in oils, such as olive, peanut or canola.
<b>Trans fats</b> —found in fried foods and many commercial baked products, such as cookies and crackers.	Foods that do not contain partially hydrogenated oil (read the labels).
<b>Cholesterol-heavy foods</b> , such as organ meats, egg yolks and whole milk products.	Lean cuts of meat, egg whites and skim milk
<b>Refined (or processed) grains</b> —if it’s white, the grain has been processed to remove the healthy outer layer.	Whole-grain flours, breads and pastas, brown rice.
<b>Dried fruits and vegetables</b> —they have more calories than fresh. Limit yourself to no more than a handful.	Fresh fruits and vegetables—they are rich in dietary fiber, which can help lower cholesterol.
	Foods rich in omega-3 fatty acids—they help lower “bad” cholesterol. Eat salmon, mackerel, herring, walnuts, almonds and ground flaxseeds.

Although many diets promise to help you lose weight, most are not effective over the long-term. And, by limiting particular foods or food groups, you’re probably depriving yourself of essential nutrients—not to mention enjoyment. Your best bet is to eat a wide variety of foods and monitor portion control.

### DASH YOUR WAY TO GOOD HEALTH

The American Heart Association recommends following the DASH diet—Dietary Approaches to Stop Hypertension. It’s not a fad diet; it’s a sensible approach to eating that you can follow for the rest of your life.

Although DASH is designed to help people lower their blood pressure, it can also help you maintain a healthy weight, safe cholesterol levels and reduce your risk of diabetes.

#### Here are the foundations of DASH.

- Eat primarily whole grains, fruits, vegetables and low-fat dairy products. Whole grains contain the entire grain kernel. Whole wheat flour, brown rice and oatmeal are examples of whole grains.
- Limit your total fat, saturated fat and cholesterol.
- Limit sodium to 1,500 to 2,300 milligrams daily.
- Chose appropriate portion sizes.

Ask your doctor which calorie level is right for you and choose appropriate serving sizes.

# THE DASH DIET

Food group	Servings for 1,600 calories a day	Servings for 2,000 calories a day	Examples
Grains (mainly whole grains)	6 a day	6 to 8 a day	1 slice whole-wheat bread 1 oz. dry cereal 1/2 cup cooked cereal 1/2 cup cooked rice or pasta
Vegetables	3 to 4 a day	4 to 5 a day	1 cup raw leafy green vegetable 1/2 cup cut-up raw or cooked vegetables 1/2 cup (4 fluid oz.) low-sodium vegetable juice
Fruits	4 a day	4 to 5 a day	1 medium fruit 1/4 cup dried fruit 1/2 cup fresh, frozen or canned fruit 1/2 cup (4 fluid oz.) 100% fruit juice
Low-fat or fat-free milk and milk products	2 to 3 a day	2 to 3 a day	1 cup (8 fluid oz.) milk 1 cup yogurt 1 1/2 oz. cheese
Lean meats, poultry and fish	3 to 4 or fewer a day	6 or fewer a day	1 oz. cooked lean meat, skinless poultry or fish 1 egg (no more than 4 a week) 2 egg whites
Nuts, seeds and legumes	3 to 4 a week	4 to 5 a week	1/3 cup (1.5 oz.) nuts 2 tablespoons peanut 2 tablespoons (1/2 oz.) seeds 1/2 cup cooked legumes (dried beans or peas)
Fats and oils	2 a day	2 to 3 a day	1 teaspoon soft margarine 1 teaspoon vegetable oil 1 tablespoon mayonnaise 2 tablespoons salad dressing
Sweets and added sugars	3 or fewer a week	5 or fewer a week	1 tablespoon sugar 1 tablespoon jelly or jam 1/2 cup sorbet 1 cup (8 fluid oz.) sugar-sweet-ened drink, such as lemonade

## SODIUM

Did you know more than 40% of Americans' sodium intake from just 10 types of food?

Learn to read food labels - they will tell you how much sodium is in each serving.

Try to stay within the American Heart Association's recommended sodium limit of no more than 2,300 mg a day and an ideal less than 1,500 mg a day for most adults, especially those with high blood pressure.

Rank	High Sodium Food Types
1	Bread and rolls
2	Cold cuts and cured meats
3	Pizza
4	Poultry
5	Soups
6	Sandwiches
7	Cheese
8	Pasta mixed dishes
9	Meat mixed dishes
10	Savory snacks

# 2

## GET MOVING



If you've been sedentary, you're in for a pleasant surprise. Not only will increasing your physical activity significantly reduce your risk for disease, you will notice a difference in how great you feel.

**Physical activity has many benefits. Here are just a few:**

- Improves heart and lung function
- Helps you lose weight or maintain a healthy weight
- Improves balance, muscle tone and joint flexibility
- Relieves stress and tension and improves your mood
- Reduces your risk of heart disease, high blood pressure, osteoporosis and diabetes

**How much physical activity should you get?** Shoot for 30 to 60 minutes of physical activity most days, even if it's in short, 10-minute increments throughout the day. For example, take the stairs instead of the elevator, or park farther away from your building and walk.

### TYPE OF PHYSICAL ACTIVITY

There are three primary types of physical activity. A combination of all three is best.

#### AEROBIC EXERCISE

Aerobic exercise uses the large muscles in your body. This causes you to breathe faster and more deeply, increasing the amount of oxygen in your blood. Aerobic activity also makes your heart beat fast, so more blood flows to your muscles and back to your lungs.

You want to move vigorously enough to raise your heart rate, but not so much you can't comfortably talk. Get aerobic exercise 4 to 6 times each week. Walking is an ideal choice for beginners and is something most of us can easily do without training, special equipment or worrying about the impact on our joints.

#### STRENGTH TRAINING

Strength training builds strong muscles and bones. You can use free weights, strength-training machines or your own body weight. Doing pushups, for example, is a safe, convenient way to build strength. Do strength training two or three times weekly on nonconsecutive days.

#### FLEXIBILITY TRAINING

Stretching exercises increase your flexibility by lengthening muscles. Flexibility is critical for balance (especially as we age) and for joint health. Stretching before and after exercise also helps prevent injury.

Talk to your doctor before beginning a physical activity program if:

- You haven't been active recently
- You have health problems, such as high blood pressure
- You're pregnant
- You're over 60

#### SET YOURSELF UP TO SUCCEED

What kinds of activities do YOU like to do? Walk? Dance? Swim? Take a class? The type of physical activity you do is less important than doing it regularly. Find something you enjoy so you'll look forward to it and stick with it.

#### LISTEN TO YOUR BODY!

- **Exercise at a challenging but comfortable pace.**
- **Stop if you:**
  - ▼ Experience pain in your joints, feet, ankles or legs
  - ▼ Have problems breathing
  - ▼ Feel weak, faint or dizzy during or after exercise
- **Call your doctor or 911 if you:**
  - ▼ Have pain or pressure in your chest, left side of your neck, shoulder or arm
  - ▼ Experience sudden dizziness
  - ▼ Become pale
  - ▼ Faint

# 3

# STOP USING TOBACCO



**S** moking is one of the causes of preventable death in the U.S.

It causes numerous illnesses, including coronary heart disease and stroke. If you smoke, chew or vape rest assured: it's never too late to quit.

**STOPPING SMOKING IS THE SINGLE MOST IMPORTANT STEP YOU CAN TAKE TO IMPROVE THE LENGTH AND QUALITY OF YOUR LIFE.**

## GETTING READY TO QUIT

The nicotine in cigarettes is highly addictive. Quitting tobacco is not easy. You may have to make several attempts before you succeed. The important thing is that you keep trying. As soon as you quit, you immediately start reaping the benefits, and those benefits will accumulate over time.

## SET YOURSELF UP TO SUCCEED

- Gradually reduce the number of cigarettes you smoke. Try smoking only part of each cigarette each time, limiting when (or where) you smoke or switching to a brand you like less.
- Start getting rid of ashtrays and lighters and clean everything that smells of smoke.
- Find a quit-tobacco buddy.
- Start exercising.
- Keep track of why you use tobacco so you can avoid smoking triggers when possible.
- Make a Top 5 Reasons I Want to Quit list and read it daily.
- Pick a date to quit and slowly reduce your smoking leading up to that day. Then, stop completely.

There are proven strategies for getting ready to quit smoking. Here are a few tips to set yourself up for success.

## CIGARETTE SMOKE CONTAINS MORE THAN 7,000 CHEMICALS.

## ON THE DAY YOU QUIT

- Throw away all remaining cigarettes, lighters and ashtrays.
- Enlist family and friends to distract you and keep you busy in places you can't normally smoke (for example, the movie theater).
- Drink about eight cups of water to help flush away chemicals.
- Keep something to snack on or chew to replace the urge to smoke, vape or chew (try gum, hard candy or toothpicks).
- Practice deep breathing or relaxation exercises.
- Exercise.
- Eat regular meals.
- Start a savings jar with money you save.
- Reward yourself at the end of the day.

## COPING WITH WITHDRAWAL SYMPTOMS AND CRAVINGS

You will experience withdrawal symptoms, such as anger, irritability and cravings for cigarettes. Anticipate and prepare for them by creating distractions, such as exercise and breathing exercises, to get you through the urges. Reward yourself daily and weekly for your success.

Although many people quit smoking on their own, others benefit from a little outside help. If you're having trouble quitting, talk to your doctor about these proven treatment options.

- Counseling or behavioral therapy—individual, group or by phone
- Nicotine replacement products
- Prescription, non-nicotine medications

Using more than one strategy at a time will increase your likelihood of success.



Source: American Lung Association

# 4

# MANAGE STRESS



**S**tress is not a new phenomenon in our busy, overbooked lives. Our ancestors experienced stress, too. It's a natural, protective mechanism. After all, you want the stress response to kick in if you are in sudden danger! In the short term, stress can keep you safe and

motivate you to perform your best in important situations. Over time, however, chronic stress takes its toll on your body and may cause significant health problems, such as coronary heart disease.

**SUDDEN EMOTIONAL STRESS, ESPECIALLY ANGER, CAN TRIGGER HEART ATTACKS, ARRHYTHMIAS AND EVEN SUDDEN DEATH—ESPECIALLY IN PEOPLE WHO ALREADY HAVE HEART DISEASE**

**How many of these signs of stress do YOU experience?**

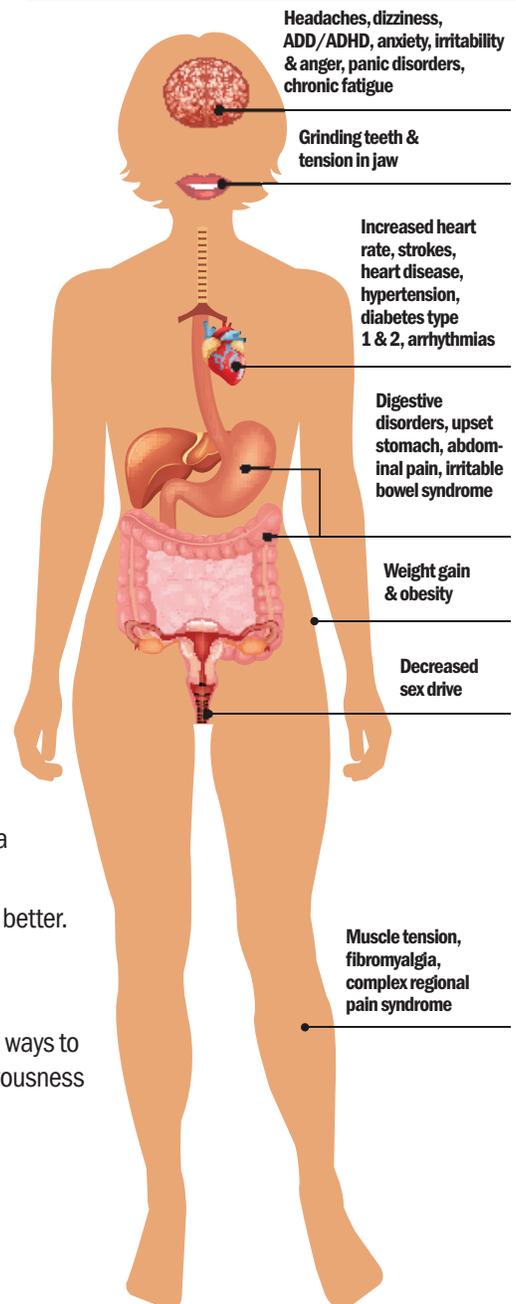
- Feeling nervous, sad or angry
- Fast, pounding heartbeat
- Difficulty breathing
- Sweating
- Pain or tense muscles in neck, shoulders, back, jaw or face
- Headaches
- Feeling tired or trouble sleeping
- Constipation or diarrhea
- Upset stomach, lack of appetite or weight loss/gain

**Here are a few tips to keep stress from getting the best of you.**

- Do something relaxing, such as deep and slow breathing, stretching exercises, yoga, meditation, listening to music, reading, taking a hot bath or shower or getting a massage.
- Develop a new hobby or find an enjoyable activity.
- Learn to accept things that you cannot change.
- Think positive thoughts.
- Set limits. Learn to say no. Take one thing at a time.
- Get 8 hours of sleep each night.
- Eat a healthy diet that includes fruits, vegetables, protein and whole grains. Limit caffeine and sugar.
- Exercise regularly. It relaxes tense muscles, improves your mood and helps you sleep better.
- Avoid unhealthy behaviors, such as eating too much or too little, using tobacco products, drinking alcohol or using drugs.
- Get help from a professional if you need it. Counselors help patients learn productive ways to cope with stress. Your doctor may prescribe medicines to help with sad feelings, nervousness or trouble sleeping.

**STUDIES SUGGEST THAT EXPERIENCING POSITIVE EMOTIONS, SUCH AS HAPPINESS, JOY, CONTENTMENT AND ENTHUSIASM MAY REDUCE YOUR RISK OF HEART DISEASE**

## HOW STRESS AFFECTS YOUR BODY



# 5

# GET ENOUGH SLEEP



**G**etting enough sleep is vital to good health. Our sleep needs vary throughout our lives. Use this chart to see how much sleep YOU should be getting. Are you getting enough sleep? If not, it's easy to develop better sleep habits. Here are some recommendations to get you started.

1. Track your sleep. Use this sleep diary to record your sleep patterns and habits, and then to chart your improvement.
2. Keep regular sleep hours. Go to bed and wake up at about the same time every day—even on the weekends.
3. Limit naps to 15 to 30 minutes early in the afternoon.
4. Don't go to bed too hungry or too full. Give your stomach time to digest your evening meal. If you're hungry, eat a light snack.
5. Avoid stimulants, such as coffee, tea, alcohol and nicotine, before bed.
6. Exercise daily, but not too close to bedtime. Heavy exercise late in the evening increases your breathing and heart rate, making it difficult to relax.

## RECOMMENDED SLEEP

Category	Age Range	Recommended Hours of Sleep
Older Adult	> 65 years	7-8
Adult	26-64 years	7-9
Young Adult	18-25 years	7-9
Teenager	14-17 years	8-10
School Age	6-13 years	9-11
Preschool	3-5 years	10-13
Toddler	1-2 years	11-14
Infant	4-11 months	12-15
Newborn	0-3 months	14-17

## Complete in Morning

Start date: \_\_\_/\_\_\_/\_\_\_ Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

Day of week: \_\_\_\_\_

I went to bed last night at: PM / AMP M / AM PM / AMP M / AM PM / AMP M / AM PM / AM

I got out of bed this morning at: AM / PMA M / PM AM / PMA M / PM AM / PMA M / PM AM / PM

Last night I fell asleep:

Easily	<input type="checkbox"/>						
After some time	<input type="checkbox"/>						
With difficulty	<input type="checkbox"/>						

I woke up during the night:

# of times \_\_\_\_\_

# of minutes \_\_\_\_\_

Last night I slept a total of: HoursH oursH oursH oursH oursH oursH ours

My sleep was disturbed by:  
List mental or physical factors including noise, lights, pets, allergies, temperature, discomfort, stress, etc.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

When I woke up for the day, I felt:

Refreshed	<input type="checkbox"/>						
Somewhat refreshed	<input type="checkbox"/>						
Fatigued	<input type="checkbox"/>						

Notes:

\_\_\_\_\_

\_\_\_\_\_

# Top 10 Tips for Your Health

**10. MINIMIZE STRESS**

**9. SLEEP 8 HOURS EVERY NIGHT**

**8. STOP USING TOBACCO (OR NEVER START!)**

**7. MOVE FOR AT LEAST 30 MINUTES, 4 TO 6 TIMES PER WEEK**

**6. EAT A HEALTHY DIET**

**5. MAINTAIN BLOOD PRESSURE AT OR BELOW 120/80 MM/HG**

**4. MAINTAIN HEALTHY CHOLESTEROL LEVELS**

- a) Total cholesterol less than 200 mg/dL
- b) HDL greater than 50mg/dL (remember H for high)
- c) LDL less than 100 mg/dL (remember L for low)

**3. KNOW—AND TRACK—YOUR HEART HEALTH NUMBERS**

- a) BMI
- b) Blood pressure
- c) Cholesterol
- d) Blood glucose

**2. GET TO KNOW YOUR FAMILY HISTORY**

**1. SCHEDULE YOUR ANNUAL CHECKUP OR WELLNESS VISIT**



232 S. Woods Mill Road  
Chesterfield, MO 63017  
stlukes-stl.com