

Tips for Healthy Living

Some risk factors for heart disease and stroke are modifiable. Knowing your risks empowers you to manage your health.

- ◆ **Manage your blood pressure** – Exercising, managing stress, maintaining a healthy weight, and limiting sodium and alcohol intake can keep blood pressure in check.
- ◆ **Control your cholesterol** – Eat foods low in animal fats, maintain a healthy weight, and be physically active.
- ◆ **Live smoke-free** – Any exposure to tobacco smoke increases the risk of heart attack and stroke.
- ◆ **Manage diabetes** – Keep your blood sugar in the normal range. If you have diabetes, work with your health care provider to manage your diabetes and control other risk factors.
- ◆ **Engage in physical activity** – It's fun and good for you, even as little as brisk walking for 30 minutes each day.
- ◆ **Control your weight** – If you're overweight, losing as little as 10 pounds may lower your blood pressure and improve your cholesterol levels.
- ◆ **Eat fruits and vegetables** – Five servings of fruits and vegetables per day reduces blood pressure and risk of heart disease and stroke.
- ◆ **Reduce stress** – Stress can cause temporary or long-lasting spikes in your blood pressure, which may increase your risk of heart disease and stroke. Simplifying your life, exercising and using relaxation techniques can reduce stress.

Notes:

MAYO CLINIC | mayoclinic.org

©2011 Mayo Foundation for Medical Education and Research. All rights reserved. MAYO, MAYO CLINIC and the triple-shield Mayo logo are trademarks and service marks of MFMER.

MC6500-01rev0311



Personal Health Scorecard



Mayo Clinic and the Minnesota Twins are teaming up to help improve the health of Twins fans. We encourage you to join us by understanding your risk factors and taking steps to improve your health.

More than half a million people in Twins Territory find answers at Mayo Clinic every year. Providing comprehensive diagnosis and treatment by teams of experts, Mayo Clinic is consistently ranked among the best U.S. hospitals and is an in-network provider for millions of people. Mayo Clinic also offers community care in Southern Minnesota and Western Wisconsin through Mayo Clinic Health System.

To request an appointment, contact us online or by phone at 507-266-6160.

mayoclinic.org/mntwins

Mayo Clinic – Improving the Health of Twins Territory

Screen	Recommended	Results
Blood Pressure	<120/80 mmHg	
Body Mass Index	between 19-25	
Fasting Blood Sugar	<100	
Total Cholesterol	<200 mg/dl	
HDL ("good") Cholesterol	>50 mg/dl (women) >40 mg/dl (men)	Date: / /
Triglycerides	<150 mg/dl	Height: ' "
LDL ("bad") Cholesterol	<130 mg/dl	Weight: lbs