

PRE ENT THE EVENT™

Recipes for Heart Health: **Overall Health**



Shared by your NE Colorado neighbors

Ingredients

- Eat a high intake of fruits, vegetables, and whole grains
- Know my cholesterol numbers
- Exercise 30 minutes on five days each week
- Know my blood pressure (BP)
- Quit tobacco
- Talk with a health care provider
- Eat less sugar

My personal **OVERALL HEALTH** recipe

- My diet of fruits, vegetables, and whole grains will include:

- I'm going to decrease food with added sugar or high fructose corn syrup.

- I'll throw in 30 minutes of exercise, four to five times a week. Here's what I will do on these days:

Activity _____ Day _____

Activity _____ Day _____

Activity _____ Day _____

Activity _____ Day _____

Activity _____ Day _____

- Instead of fast or processed foods, I'm going to eat some fresh:

- I'm going to visit the Colorado Quitline (if I use tobacco).

