

7 STEPS

TO KEEP YOUR HEART HEALTHY



1

See your provider regularly and take your prescribed medication as directed

2

Take your blood pressure readings regularly and discuss them with the SMBP team

3

Maintain a normal body weight

4

Eat a diet rich in fruits, vegetables, low-fat dairy, and reduced fat

5

Consume <1500 mg of sodium per day

6

Be more physically active

7

See your provider regularly and take your prescribed medication as directed

Source: American heart association, Target: BP



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