

COMBATING CARDIOVASCULAR DISEASE

A STEP-BY-STEP APPROACH TO PREVENT AND REVERSE CARDIOVASCULAR DISEASE!



UNDERSTANDING CARDIOVASCULAR DISEASE:

- Cardiovascular disease (CVD) describes diseases of the blood vessels and heart and includes conditions like high blood pressure, coronary artery disease, heart failure, stroke and congenital defects.
- Ideal cardiovascular health includes the absence of the following clinical indicators: having optimal total cholesterol, optimal blood pressure and optimal fasting glucose (all without medication).
- The four essential behaviors to prevent and treat CVD include: not smoking, eating well, being physical activity and reaching and maintaining a healthy weight.

LIVE BETTER - TAKE RESPONSIBILITY FOR YOUR HEALTH:

- Eat well by focusing on filling your plate with unprocessed colorful fruits, vegetables, whole grains, and legumes.
- Eat the rainbow by eating 8-10 servings of colorful unprocessed fruits and vegetables daily.
- Avoid/limit animal products by substituting plant-based alternatives such as beans, legumes, and tofu foods.
- Fuel with fiber by incorporating whole, plant-based foods that are high in fiber into your diet such as beans, legumes, whole grains, oats, fortified cereals, apples, popcorn, and chia seeds.
- Moderate sodium intake by cooking at home and avoiding processed foods, cheese, seafood, and over-the-counter drugs.
- Make your fat intake count by avoiding trans-fat, saturated fat, and cholesterol and get your fat from plants, nuts and seeds.
- Avoid dietary cholesterol which is often found in animal products such as meat, eggs, and dairy.
- Avoid trans fats by reading food labels and avoiding foods like margarines, cookies, and frozen meals.
- Avoid saturated fats including butters and tropical oils and from avoiding/limiting animal products.
- Avoid oil by cooking in water or vegetable stock, and consuming healthier fat options such as nuts, seeds, and avocados.
- Eat low glycemic index foods including fruits, non-starchy vegetables, whole grains, and legumes.

LEAD BY EXAMPLE - KNOW THE WAY, GO THE WAY, SHOW THE WAY:

- Create consistent daily habits and routines to continue making improvements during your journey
- Build a healthy and positive environment to maintain your achievements
- Make being healthy a permanent aspect of your lifestyle and others will see and follow.

ACT NOW – SUCCESS HAPPENS DAILY, NOT IN A DAY:

- Join our complementary school: <https://liveandlead.teachable.com/>
- Learn more about the topic through our free course: <https://live-lead.teachable.com/p/understandcvd>
- Commit to your health and register for our low-cost CVD course: <https://liveandlead.teachable.com/p/combating>
- Transform your health through our 12-week Healthy Now and Forever course: <https://liveandlead.teachable.com/p/healthy>

MY PLAN TO LIVE BETTER & LEAD BY EXAMPLE...

- _____
- _____