



Heart Owner's Basic Manual

Stop smoking do not use tobacco in any form

Control blood pressure

Goal: <140/90

<130/80 if you have diabetes or kidney problems

Physical Activity

Minimum goal: 30 minutes 3-4 days per week moderate-intensity (brisk walk: 15-20 minute per mile, bicycle riding: 12 minute per mile)

Optimal goal: 30 - 60 minutes of activity daily

Recommend: Resistance training 2 days per week, flexibility training (YOGA, Tai Chi, Pilates) and increase in lifestyle activities

Weight Management

Achieve and maintain desirable weight: Body mass index 18.5 - 24.9

Waist circumference: Men - <40 inches Women -<35 inches

Diabetes HbA1c: <7%

Control Cholesterol

Primary goal: LDL < 70-100

Secondary goals: HDL > 40 in men
HDL > 50 in women
Triglycerides < 150



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