

Life's Simple 7[®]

Print Solutions



Stop Smoking Page 3

Reduce Blood Sugar Page 4

Control Cholesterol Page 5

Manage Blood Pressure . . . Page 5

Life's Simple 7™

SEVEN SIMPLE STEPS FOR A HEALTHIER LIFE



Stop
Smoking



Eat
Better



Get
Active



Lose
Weight



Manage Blood
Pressure



Control
Cholesterol



Reduce
Blood Sugar

Life's Simple 7® provides steps for achieving ideal cardiovascular health and is the basis of the American Heart Association's My Life Check® online assessment. Visitors of heart.org/MyLifeCheck use data from their health care visits to determine their personal heart score and develop an action plan for a healthier life.

Life's Simple 7® booklets help people adopt healthier behaviors and stick with them. Use the list below to find tools to address specific needs or order the whole series to reach a broad patient population. Some brochures have Spanish editions.

- My Personal Health Tracker
- Life's Simple 7®: Seven Steps to a Healthy Heart
- Quit Smoking for Good
- Losing Weight the Healthy Way
- Easy Food Tips for Heart-Healthy Eating
- Making Healthy Food and Lifestyle Choices
- Diabetes, Heart Disease & Stroke
- Understanding and Improving Your Cholesterol
- Understanding and Controlling Your High Blood Pressure
- Just Move! Our Guide to Physical Activity

Start with the Basics:

My Personal Health Tracker



This helpful wallet card provides space to record personal health information, track medications and monitor cholesterol, blood pressure, weight, and glucose at each doctor's visit. It also identifies risk factors and emphasizes key guidelines for patients to know to manage them.

#50-1722 \$21.73/pkg of 25

Life's Simple 7®: Seven Steps to a Healthier Heart



Merit Award National Health Information Awards

A concise yet thorough explanation of the American Heart Association's seven steps for achieving ideal cardiovascular health. Encourages the reader to take the AHA My Life Check® assessment and create an action plan for a healthier life.

#50-1644 English (12 pages) \$44.50/pkg of 50

#50-1698 Spanish (12-panel brochure) \$46.15/pkg of 50



Stop Smoking

Quit Smoking for Good



Merit Award National Health Information Awards

Provides a detailed, step-by-step guide to stop smoking and maintain a nonsmoking lifestyle. Includes a no-smoking contract, advice for family and friends, information on the various tools available to help quit and stay smoke-free, tips to plan for and prevent urges, handling slips, and an action plan for staying a nonsmoker for life.

#50-1657 English (32 pages) \$42.63/pkg of 25



Lose Weight

Losing Weight the Healthy Way



Merit Award National Health Information Awards

The basics of weight management in a brief, easy-to-read booklet. Includes information on how to develop a healthy eating plan, select and prepare food, and become more physically active.

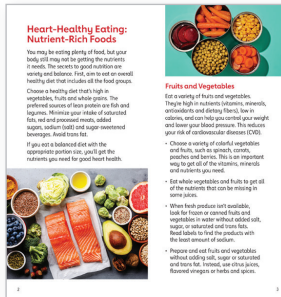
#50-1680 English (24 pages) \$57.15/pkg of 50

Order American Heart Association patient education at
www.kramesstore.com/AHA or call **800-333-3032** today.



Eat Better

Easy Food Tips for Heart-Healthy Eating



Merit Award

National Health Information Awards

This convenient, easy-to-understand booklet supports following a heart-healthy diet by helping readers make the best choices for everything from meat and dairy to canned vegetables and healthy oils. Readers also learn the most important things to look for when reading Nutrition Facts labels.

#50-1759 English (20 pages) \$57.15/pkg of 50

#50-1762 Spanish (20 pages) \$61.50/pkg of 50

Making Healthy Food and Lifestyle Choices



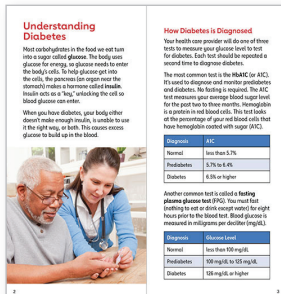
A healthy diet and lifestyle are key weapons in the fight to prevent cardiovascular disease. This booklet gives a clear overview of how people can make simple changes in their lives and diets to improve their health. The encouraging tone inspires these behavior changes by reminding people that it is their overall pattern of choices that counts and that these goals can be achieved.

#50-1689A English (28 pages) \$65.89/pkg of 50



Reduce Blood Sugar

Diabetes, Heart Disease & Stroke



Millions of Americans have diabetes or prediabetes, putting them at higher risk for cardiovascular diseases and stroke. This helpful guide explains diabetes (what it is, how it is diagnosed, types) and offers practical advice for reducing risk of heart disease and stroke. Topics include managing diabetes and controlling blood glucose, blood pressure and cholesterol, quitting smoking, eating healthfully and increasing physical activity. It also addresses additional stroke risk factors.

#50-1725 English (24 pages) \$56.05/pkg of 50

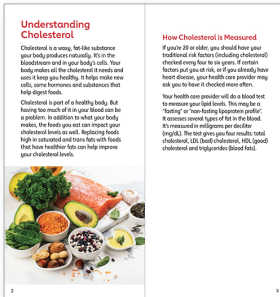
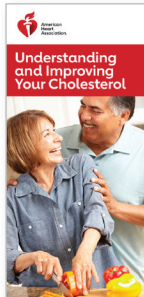
#50-1763 Spanish (28 pages) \$58.00/pkg of 50

Order American Heart Association patient education at www.kramesstore.com/AHA or call **800-333-3032** today.



Control Cholesterol

Understanding and Improving Your Cholesterol



This brochure helps patients understand how cholesterol affects the body and what they can do to improve their numbers and reduce their risk of heart disease and stroke. Content offers clear explanations of LDL, HDL and triglycerides. It also includes the latest information about how making lifestyle changes, improving diet and using medication if necessary can help.

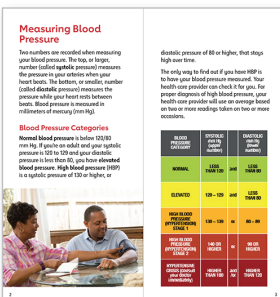
#50-1713 English (20 pages) \$57.18/pkg of 50

#50-1746 Spanish (20 pages) \$57.18/pkg of 50



Manage Blood Pressure

Understanding and Controlling Your High Blood Pressure



Realizing that one has high blood pressure (HBP) is a first step to keeping it in check. This useful brochure helps individuals understand their blood pressure numbers, learn how to manage their condition and adopt healthy lifestyle changes. It includes information on HBP medications and recommendations on sodium reduction. Information on home blood pressure monitoring is also included.

#50-1731 English (20 pages) \$57.18/pkg of 50

#50-1747 Spanish (20 pages) \$57.18/pkg of 50



Get Active

Just Move! Our Guide to Physical Activity



Provides information on physical activity, with strategies on how "non-athletes" can make physical fitness a regular part of life. Encourages goal setting, and includes an activity checklist, a calorie-use chart, and an exercise diary to track progress.

#50-1632 English (16 pages) \$54.45/pkg of 50

