

# Life's Simple 7<sup>®</sup>

Print Solutions



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# 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](http://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 chart on the reverse to find tools to address specific needs or order the whole series to reach a broad patient population. Some brochures have Spanish editions.

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

## 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 Healthy 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 AHA My Life Check® assessment and create an action plan for a healthier life.

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

**Coming soon:**

#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



## Maintain a Healthy 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](http://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

Shows practical ways to get cholesterol and saturated fat out of one's diet. Recommends healthy foods to substitute for unhealthy ones, tells how to read nutrition labels, and gives daily diet tips and guidelines. A convenient reference to keep... next to the refrigerator or take grocery shopping!

#50-1625 English (24 pages) \$57.15/pkg of 50  
**Coming soon: #50-1744 Spanish Edition**

## Making Healthy Food and Lifestyle Choices



A healthy diet and lifestyle are key weapons in the fight to prevent cardiovascular disease — the nation's No.1 killer. This booklet gives a clear overview of how people can make simple changes in their lives and diets to improve their health. 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.

#50-1689 English (24 pages) \$65.89/pkg of 50



# Control 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 by 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  
**Coming soon: #50-1745 Spanish Edition**

Order American Heart Association patient education at [www.kramesstore.com/AHA](http://www.kramesstore.com/AHA) or call **800-333-3032** today.



# Manage 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 can help.

**#50-1713 English (20 pages) \$57.18/pkg of 50**  
**Coming soon: #50-1746 Spanish Edition**



# Manage Blood Pressure

## Understanding and Controlling Your High Blood Pressure



Realizing that one has high blood pressure (HBP) is key to keeping it in check. This useful brochure helps individuals understand their numbers, learn how to manage their condition and adopt healthy lifestyle changes. Information on home blood pressure monitoring is also included.

**#50-1731 English (20 pages) \$57.18/pkg of 50**  
**Coming soon: #50-1747 Spanish Edition**



# 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)**

