

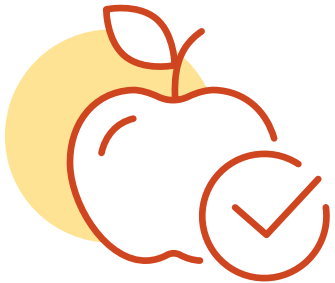


**Weill Cornell Medicine**

# Take 8 for Heart Health

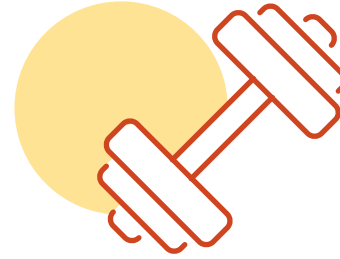


The American Heart Association recently updated and expanded Life's Simple Seven™ to Life's Essential 8™. Follow these steps to better heart health.



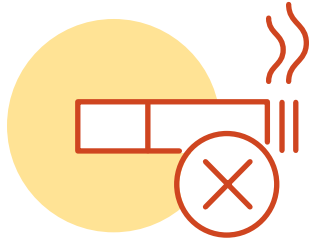
## 1. Adjust Your Diet

Fill up on fruits and vegetables, lean sources of protein and other healthy foods.



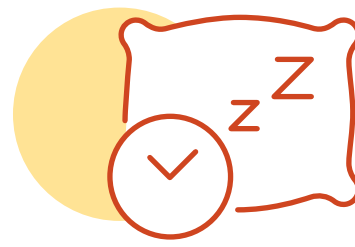
## 2. Exercise Regularly

Work out for at least 150 minutes every week. Encourage your kids to move an hour a day.



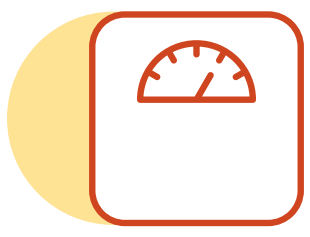
## 3. Stop Smoking

Tobacco cessation experts at Weill Cornell Medicine help you quit when it seems impossible.



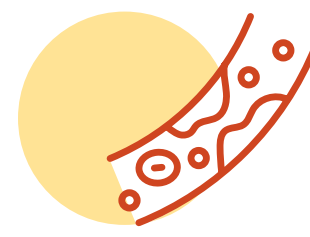
## 4. Get Enough Sleep

Adults need at least seven hours of shuteye each night. Kids need even more.



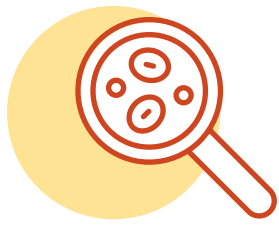
## 5. Watch Your Weight

If you aren't successful at losing weight or maintaining weight loss on your own, the Comprehensive Weight Control Center at Weill Cornell Medicine can help.



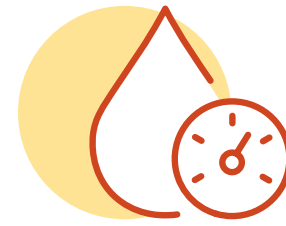
## 6. Lower Your Cholesterol

If diet isn't enough to keep your cholesterol in check, ask your doctor if medication is an option for you.



## 7. Monitor Your Blood Sugar

A healthy lifestyle and—if needed—medication can keep high blood sugar in check.



## 8. Manage Your Blood Pressure

Lifestyle changes, such as losing weight, managing stress, being active and getting quality sleep, play a vital role in controlling blood pressure.

Find a Weill Cornell Medicine doctor who can help strengthen and protect your heart by visiting [weillcornell.org/doctors](http://weillcornell.org/doctors)



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