

My Heart Health Action Plan



The following lifestyle changes can help lower your risk for heart disease, as well as help you self-manage your diabetes.

Eat a healthy diet

Follow a low glycaemic index (GI) heart healthy eating pattern. Choose plenty of vegetables, fruit, lean protein, wholegrains, and fewer processed foods. Choose unsaturated fats and avoid saturated fats. Drink more water and less alcohol.

Get active

Moving your body helps to manage your blood glucose levels and lowers your risk of heart disease. Move everyday in any way you can, sit less, and aim to get at least 150 minutes per week of moderate-intensity physical activity. Try activities such as brisk walking, two to three sessions of resistance exercise on alternate days, and regular flexibility and balance activities such as yoga or tai chi.

Consistency

By eating well and moving more consistently your waistline should reduce. Crash diets aren't required or recommended.

Manage your ABCs

A: Ask your doctor for an HbA_{1c} every three to six months.

B: Keep your **b**lood pressure below 140/90mmHg. If you are at high risk of stroke your target will be below 120/90mmHg, or 130/80mmHg if you have kidney concerns.

C: Manage your **c**holesterol levels, your targets might be lower than those on the card if you have established heart disease.

s: Be **s**moke free - stop smoking and avoid second-hand smoke.

Manage stress and mental health

Stress, depression and anxiety can raise your blood pressure and may lead to a lack of self-care. Actively de-stress with meditation, exercise or spending time in nature. Ask for support from friends or health professionals.

Get checked

See your doctor for a heart health check and ask what your blood glucose target range is. For most people it is 4-7mmol/L fasting or before meals and 5-10mmol/L 2 hours after eating. Take medications as prescribed by your doctor. Ask your doctor for referrals to diabetes health professionals for advice and guidance on how to achieve your targets.



My Heart Health Action Plan

Name: _____



My Heart Health Card

Take action to keep your heart healthy and record your results.

NOTE: ♥ = Target values

HbA1c ♥ 7% or less	Date					
	Result					
Blood pressure ♥ Less than 140/90mmHg	Date					
	Result					
Total cholesterol ♥ Less than 4.0mmol/L	Date					
	Result					
LDL (low density lipoprotein or lousy) cholesterol ♥ Less than 2.0mmol/L	Date					
	Result					
HDL (high density lipoprotein or happy) cholesterol ♥ More than 1.0mmol/L	Date					
	Result					
Triglycerides ♥ Less than 2.3mmol/L	Date					
	Result					
Waist measurement ♥ Men 102cm or less ♥ Women 80cm or less	Date					
	Result					