

MAKING LIFESTYLE CHANGES AFTER A HEART ATTACK

Making lifestyle changes and getting support after a heart attack can help you recover and lower your risk of having a second heart attack.



Know your numbers.

By tracking your heart rate and blood pressure numbers, you can reduce your risk of having a second heart attack. Ask your doctor to explain what your numbers should be and how often you should check them.

| DATE | TIME | HEART RATE |
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| DATE | AM - BLOOD PRESSURE | PM - BLOOD PRESSURE |
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Take steps to get physically active.

Talk to your doctor to help you determine when you can begin physical activity and what suits your needs and condition. Many doctors recommend walking because it's safe, easy and free. You can track your walking with this log:

| DATE | TIME | ACTIVITY | DISTANCE WALKED | NOTES |
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Get information and tips about physical activity at www.Heart.org/PhysicalActivity.



Choose good nutrition.

Good nutrition can help control your weight and lower blood pressure and cholesterol levels. A healthy dietary pattern emphasizes a variety of fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils.

Learn more and access healthy recipes at www.Heart.org/HealthyEating.



Find support.

Patients who experience a heart attack may feel a wide range of emotions, typically for about two to six months. Join the American Heart Association's Patient Support Network to share your experience and get support by connecting with other survivors and caregivers.

Sign up today at www.SupportNetwork.Heart.org.