

## Sew Red by BERNINA Heart Healthy Tips:



**Look** for food labels bearing the AHA red heart and white check mark for Heart-Healthy low-fat, low-cholesterol foods.

**Be** good to your heart - start today by eating a variety of nutritious foods and limit portion size.

**Be** a Life Saver! Take a CPR class and learn Heart-Saver First Aid.

**Walk** a mile today! You will gain 2 hours of life for each hour of regular exercise.

**Breathe** in clean Heart-Healthy air. Avoid tobacco and tobacco smoke.

**Be** a good role model, a healthy life style is passed from generation to generation.

**Beat** the heat by working out early mornings or late evenings. You will get a comfortable workout and be more likely to continue.

**Be** good to your heart by eating plenty of fruits, vegetables, and whole grains with fat-free and low-fat dairy products.

**Keep** your heart in tip top shape - limit saturated fats, trans-fats and salt.

**Lower** your intake of calories and fats: use lower fat white poultry meat, and remove the skin before cooking.

**Maintain** a Heart-Healthy balance: use up as many calories as you take in, and only eat what you can burn.

**Eat** for wellness and long life. Go to [www.deliciousdecisions.org](http://www.deliciousdecisions.org) for Heart-Healthy tips and recipes.

All Heart-Healthy tips included in this list came from the American Heart Association. For more information on living a Heart-Healthy life go to [www.americanheart.org](http://www.americanheart.org).