



# EmpowHer for Heart Health

WORKBOOK AND JOURNAL



Give  
THANKS  
WITH A GRATEFUL  
HEART *1 Thessalonians. 5:18*

# EmpowHer for Heart Health

The Minneapolis-St Paul (MN) Chapter of the Links Incorporated is delighted to present our virtual town hall focusing on Women's Heart Health. This commitment to woman's health is in alignment with our national organization through the Heart Links program.

As a Black Women's organization, we are committed to moving us all to better health, stamping out health disparities and taking an aggressive stance against the diseases that impair and derail our lives. Today we focus on heart health and stroke.

February is National Heart Month. Heart disease is the number 1 killer of women and disproportionately affects African American women. Through this forum, we want to add to your knowledge about heart disease and stroke, discuss lifestyle changes that you can make to improve you help and help you to commit to making sustainable change.

Commitment takes courage

Change takes courage

When we have the courage to change our lives and take our lives into our own hands and write our own story, then we can write our own ending .....a life not marred by preventable disease.

Sincerely,

The Health and Human Services Facet

Minneapolis- St Paul (MN) Chapter, Links Inc.

## Let's talk Heart to Heart

Do you know that?

- Cardiovascular diseases kill nearly 50,000 African American women annually.
- Of African American women ages 20 and older, 49% have heart diseases.
- Only one in five African American women believes she is personally at risk.
- Only 52% of African American women are aware of the signs and symptoms of a heart attack
- As Black Americans, we have higher risks of developing heart disease because of other health conditions such as high blood pressure, being overweight or obese and having diabetes.

Here is the good news!!!!

**We have control over our heart disease**

**Today, we are making a commitment to take control over our lives!**

**Our time has come!**

## Let's Empower ourselves for heart health



# Risk factors are conditions or habits that increase the chances of us getting heart disease

## RISK FACTORS THAT YOU CANNOT CHANGE

Family history  
Age  
Race  
Gender



My risk factors:

## RISK FACTORS THAT YOU CAN CHANGE

High Blood pressure

High cholesterol

Diabetes

Obesity

Physical Inactivity

Smoking

## High Blood pressure

Black women develop high blood pressure earlier in life

Have higher average blood pressures compared with white women

## High cholesterol

Our total cholesterol is too high.

Excess cholesterol and fat in your blood builds up in the walls of vessels and block the heart

## Diabetes

The type of diabetes that adults most commonly develop is "type 2."

## Obesity

Nearly 80 percent of Black women are overweight or obese, increasing the risk of heart disease

Even a small weight loss will help lower your risk.

## Physical inactivity

Fifty-five percent of black women are physically inactive.

Try to do at least 30 minutes of a moderate-intensity activity such as brisk walking

## 1 in every 5 Black women smoke

Quit, and just one year later, your heart disease risk will drop by more than half.

# HEART DISEASE

OBJECTIVE 1

LEADING CAUSE OF DEATH FOR WOMEN

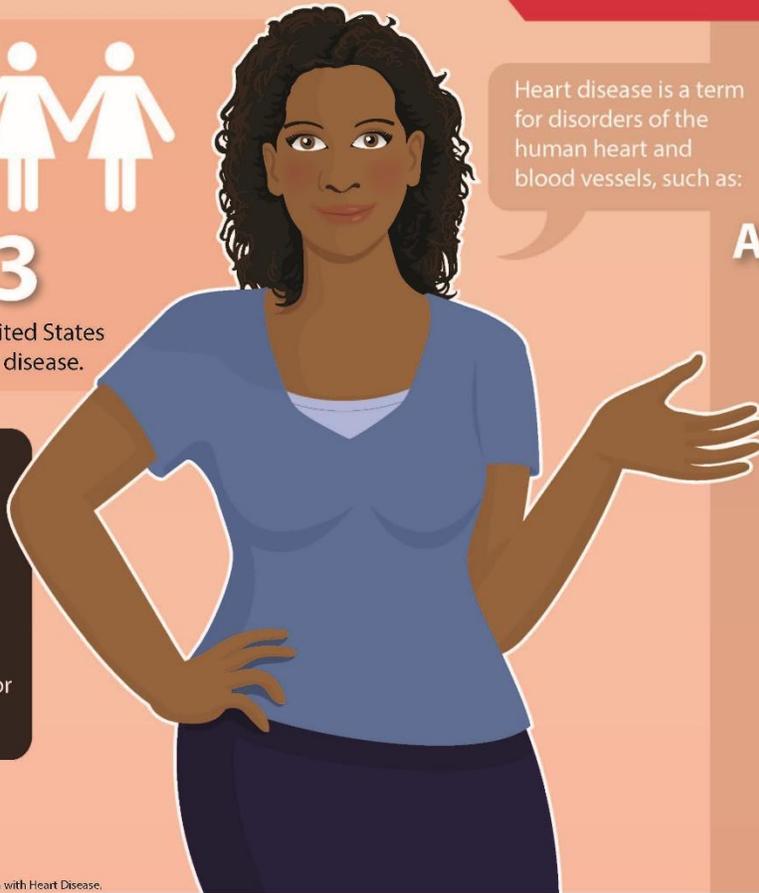


1 IN 3

women in the United States  
lives with heart disease.



Black women and  
Latinas are at high risk for  
heart disease.



Heart disease is a term  
for disorders of the  
human heart and  
blood vessels, such as:



**ARRHYTHMIA**

(abnormal heartbeat)



**CLOGGED  
ARTERIES**



**HEART  
FAILURE**

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Notes:

# HEART ATTACK SYMPTOMS: MEN VS. WOMEN

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.

MEN	WOMEN
Nausea or vomiting	Nausea or vomiting
Jaw, neck or back pain	Jaw, neck or upper back pain
Squeezing chest pressure or pain	Chest pain, but not always
Shortness of breath	Pain or pressure in the lower chest or upper abdomen
	Shortness of breath
	Fainting
	Indigestion
	Extreme fatigue

American Heart Association.  
**Go Red**  
for women.

Source: American Heart Association's Journal, Circulation  
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By American Heart Association News

# A stroke is a brain attack

African American women are twice as likely as White women to get a stroke.

When we get strokes, we do so at a younger age than other groups

## What is a stroke anyway?

A stroke, sometimes called a brain attack, occurs when blood flow to an area of the brain is cut off.

When brain cells are starved of oxygen, they die. Stroke is a medical emergency.

It's important to get treatment as soon as possible. A delay in treatment increases the risk of permanent brain damage or death.

### If Stroke Happens, Act F.A.S.T.

Strokes come on suddenly and should be treated as medical emergencies. If you think you or someone else may be having a stroke, act F.A.S.T.:



#### **F—Face:**

Ask the person to smile. Does one side of the face droop?



#### **A—Arms:**

Ask the person to raise both arms. Does one arm drift downward?



#### **S—Speech:**

Ask the person to repeat a simple phrase. Is the speech slurred or strange?



#### **T—Time:**

If you see any of these signs, call 9-1-1 right away.

Calling an ambulance is critical because emergency medical technicians, or EMTs, can take you to a hospital that can treat stroke patients, and in some cases they can begin life-saving treatment on the way to the emergency room. Some treatments for stroke work only if given within the first 3 hours after symptoms start.

## Why are black women at such high risk?

High blood pressure

Sensitivity to salt

## Why are black women at such high risk?

Obesity

Diabetes

# 8 STEPS TO PREVENT HEART DISEASE AND STROKE

These key factors can help you live a longer, healthier life and reduce your risk of heart disease and stroke. They're part of an overall healthy lifestyle and prevention approach you can build with your health care team (doctors, nurses, pharmacists and other professionals).



## 1. Know your risk

[heart.org/ccccalculator](https://heart.org/ccccalculator)

- If you're 40-75 years old and have never had a heart attack or stroke, use our Check. Change. Control. Calculator™ to estimate your risk of a cardiovascular event in the next 10 years.
- Certain factors can increase your risk, such as smoking, kidney disease or family history. Many risk factors can be improved with lifestyle changes.



## 2. Eat a healthy diet

[heart.org/eatsmart](https://heart.org/eatsmart)

- Center your eating plan around vegetables, fruits, whole grains, legumes, nuts, plant-based proteins, lean animal proteins and fish.
- Limit sweetened drinks, refined carbohydrates, added sugars, processed meats, sodium and saturated fats. Avoid trans fat.



## 3. Be physically active

[heart.org/movemore](https://heart.org/movemore)

- Adults should aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity each week.
- If you're already active, increase your intensity for more benefits.
- If you're not active now, get started by sitting less and moving more.



## 4. Watch your weight

[heart.org/weight](https://heart.org/weight)

- If you're overweight, lose weight by eating fewer calories and moving more.
- Check your body mass index (BMI) online or talk to your team about a healthy weight for you.



## 5. Live tobacco-free

[heart.org/tobacco](https://heart.org/tobacco)

- Don't smoke, vape or use tobacco products.
- If you don't think you can quit for good on your own, ask for help.
- Avoid secondhand smoke, too.



## 6. Manage conditions

[heart.org/conditions](https://heart.org/conditions)

- Work closely with your health care team if you have high blood pressure (hypertension), high cholesterol, diabetes or other conditions that put you at greater risk.
- Many conditions can be prevented or managed by eating better, getting active, losing weight and not smoking.



## 7. Take your medicine

- Your doctor may prescribe statins or other medications to help control blood sugar, cholesterol, and blood pressure. Take all medications as directed.
- Don't take daily aspirin unless your doctor tells you to.



## 8. Be a team player

- Your health care team can help you build a prevention plan that works for you.
- Make decisions together. Ask questions.
- Talk about challenges in your life that may affect your health – like stress, sleep, mental health, family situations, tobacco use, food access, social support and more.

**Take charge of your health.**

Start today at [heart.org/prevention](https://heart.org/prevention).

# Know the Difference

## Cardiovascular Disease, Heart Disease, Coronary Heart Disease



**Cardiovascular disease, heart disease, coronary heart disease — what's the difference?**

**Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.**

### Cardiovascular Disease

#### The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including coronary heart disease (clogged arteries), which can cause heart attacks, stroke, heart failure, and peripheral artery disease.



**More than 800,000 people die of cardiovascular disease every year in the United States.**

### Heart Disease

#### A type of cardiovascular disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function.

Keep in mind—all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about "heart disease" they often mean coronary heart disease.



**Nearly 650,000 Americans die from heart diseases each year.**

**About 11% of American adults (that's more than 1 of every 9) have been diagnosed with heart disease.**

### Coronary Heart Disease

#### A type of heart disease

Coronary heart disease is often referred to simply as "heart disease," although it's not the only type of heart disease. Another term for it is coronary artery disease.

**About 366,000 Americans die from coronary heart disease each year.**

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

### What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart.

- Ask your doctor about your blood pressure, cholesterol, and A1C.
- Reduce the sodium, and increase the fruits, vegetables, and whole grains in your diet.
- Be physically active.
- Maintain a healthy weight.
- Don't smoke.
- Manage stress.
- Keep your diabetes under control.



# Know your numbers



## Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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[heart.org/bplevels](http://heart.org/bplevels)



# Cholesterol: know your numbers



Total cholesterol **200** and under

Triglycerides **150** or lower

LDL  
Low-Density Lipoprotein **100** or lower

HDL  
High-Density Lipoprotein **60** or lower

CVS pharmacy™

What is Blood cholesterol?

A waxy substance produced by the liver Get your cholesterol checked and talk to your doctor about your numbers and how they impact your overall risk. Because cholesterol is unable to dissolve in the blood, it has to be transported to and from the cells by carriers called lipoproteins. Low-density lipoprotein (or LDL) cholesterol, is known as "bad" cholesterol; high-density lipoprotein (or HDL) cholesterol, is known as "good" cholesterol.

# ARE YOU AT RISK FOR TYPE 2 DIABETES?



## Diabetes Risk Test

- 1** How old are you?
  - Less than 40 years (0 points)
  - 40—49 years (1 point)
  - 50—59 years (2 points)
  - 60 years or older (3 points)
- 2** Are you a man or a woman?
  - Man (1 point)    Woman (0 points)
- 3** If you are a woman, have you ever been diagnosed with gestational diabetes?
  - Yes (1 point)    No (0 points)
- 4** Do you have a mother, father, sister, or brother with diabetes?
  - Yes (1 point)    No (0 points)
- 5** Have you ever been diagnosed with high blood pressure?
  - Yes (1 point)    No (0 points)
- 6** Are you physically active?
  - Yes (0 points)    No (1 point)
- 7** What is your weight status?  
(see chart at right)

Write your score  
in the box.

↓

Add up  
your score.

↓

Height	Weight (lbs.)		
	(1 Point)	(2 Points)	(3 Points)
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.  
Original algorithm was validated without gestational diabetes as part of the model.

**If you scored 5 or higher:**  
You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

For more information, visit us at [www.diabetes.org](http://www.diabetes.org) or call 1-800-DIABETES

Visit us on Facebook  
[Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)

### Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit [diabetes.org](http://diabetes.org) or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.



# Ask Your Doctor

## QUESTIONS TO ASK YOUR DOCTOR

1. What is my risk for heart disease?
2. What is my blood pressure? What does it mean for me, and what do I need to do about it?
3. What are my cholesterol numbers? (These include total cholesterol, LDL, HDL, and triglycerides, a type of fat found in the blood and food.) What do they mean for me, and what do I need to do about them?
4. What are my "body mass index" (BMI) and waist measurement? Do they mean that I need to lose weight for my health?
5. What is my blood sugar level, and does it mean I'm at risk for diabetes? If so, what do I need to do about it?
6. What other screening tests for heart disease do I need?
7. What can you do to help me quit smoking?
8. How much physical activity do I need to help protect my heart?
9. What's a heart healthy eating plan for me?
10. How can I tell if I may be having a heart attack? If I think I'm having one, what should I do?



# Numbers to Live by

**Numbers to live by...  
listen to your heart.**

**Control High Blood Pressure**  
LESS THAN  
**120/80**  
MMHG

**Control Diabetes (fasting glucose)**  
LESS THAN  
**100**  
MG/DL

**Daily Physical Activity**  
**30**  
MINUTES TO MAINTAIN  
**60**  
MINUTES TO LOSE

**Body Mass Index (BMI)**  
LESS THAN  
**25**  
KG/M<sup>2</sup>

**Total Cholesterol**  
LESS THAN  
**200**  
MG/DL

**LDL (bad) Cholesterol**  
LESS THAN  
**100**  
MG/DL

**HDL (good) Cholesterol**  
WOMEN MORE THAN  
**50**  
MG/DL  
MEN MORE THAN  
**40**  
MG/DL

**Triglycerides**  
LESS THAN  
**150**  
MG/DL

**Heart disease is the leading cause of death in the United States.**

It's so important to know where you stand as far as your risk for heart disease. A Wellness Profile gives you this information and puts it to practical use.

Take your personal Wellness Profile today:  
[VAWIN.foh.hhs.gov/heart](http://VAWIN.foh.hhs.gov/heart)

**ADVANCE** Department of Veterans Affairs

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# BE HEALTHY FOR GOOD WITH **LIFE'S SIMPLE 7**

Making small changes every day can add up to big improvements in your overall health. Life's Simple 7 outlines a few easy steps you can take to live a healthier lifestyle.

Two of these steps, Get Active and Eat Better, can help jump-start your whole health journey. Making choices that help you eat smart and move more can also help you lose weight, control cholesterol, manage blood pressure, reduce blood sugar and stop smoking.<sup>1,2,3</sup>



## GET ACTIVE

Try to get at least 150 minutes per week of moderate aerobic exercise or 75 minutes per week of vigorous exercise (or a combination of both), preferably spread throughout the week. Even short bursts of exercise can be beneficial, and all those little steps will lead to big gains in the long run.<sup>4</sup>

## EAT BETTER

Eat a colorful diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Try to limit sugary foods and drinks, fatty or processed meats and salt.<sup>1</sup>



## LOSE WEIGHT

Maintaining a healthy weight is important for your health. To lose weight, you need to burn more calories than you eat. Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.<sup>5</sup>

## CONTROL CHOLESTEROL

Cholesterol comes from two sources: your body (which makes all the cholesterol you need) and food made from animals. Eating smart, adding color and moving more can all help lower your cholesterol!<sup>2,6</sup>



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## **MANAGE BLOOD PRESSURE**

Blood pressure is the force of blood pushing against blood vessel walls. Sometimes the pressure in arteries is higher than it should be, a condition known as high blood pressure. Stress and poor diet have both been linked to high blood pressure, so it's important to be well and eat smart to help positively influence your blood pressure numbers.<sup>1,7</sup>

## **REDUCE BLOOD SUGAR**

Blood glucose (aka sugar) is an important fuel for your body. It comes from the food you eat, so it's important to eat smart. Cut out added sugars by checking nutrition facts labels and ingredients, limiting sweets and sugary beverages, choosing simple foods over heavily processed ones and rinsing canned fruits if they are in syrup.<sup>1</sup> And you can move more, because moderate-intensity aerobic physical activity can also help your body respond to insulin.<sup>8</sup>



## **STOP SMOKING**

Not smoking is one of the best things you can do for your health. Smoking damages your circulatory system and increases your risk of multiple diseases, but the good news is that your lungs can begin to heal themselves as soon as you stop. Moving more can help you on your journey, since physical activity can help you manage stress.<sup>9</sup>

LEARN MORE AT  
[HEART.ORG/MYLIFECHECK](https://www.heart.org/mylifecheck)

# Lifestyle Changes to Improve Your Heart Health

Here are some lifestyle changes that can help reduce your risk factors for heart disease:

- Eat a [heart healthy diet](#) low in salt and sugar.
- [Exercise regularly](#). You should get 20 to 30 minutes of exercise at least five times a week.
- Don't smoke, or if you do, quit – [here's how](#).
- [Know your numbers](#). Track your blood sugar, blood pressure, cholesterol and weight.
- Know your [family health history](#). If others in your family have had heart disease, you may be at a higher risk.



# Let's talk about food

Eat a heart healthy diet.

The American Heart Association recommends eating an overall healthy dietary pattern that emphasizes:

- a variety of fruits and vegetables
- whole grains
- low-fat dairy products
- skinless poultry and fish or vegetarian choices
- nuts and legumes
- non-tropical vegetable oils
- Limit saturated fat, trans fat, sodium, red meat, sweets and sugar-sweetened beverages. If you choose to eat red meat, compare labels and select the leanest cuts available.

Check out one of Dr. LaPrincess Brewer's favorite heart healthy recipes on the next page.

My Healthy Nutrition Plan

## Fall Harvest Bake

Budget-friendly recipe

[3 Comments](#)

Serves: 8

Ready in: 1 hours 40 mins.

*Get creative and try out this autumnal side dish.*



### Ingredients

1¼ pounds Collard greens (2 to 3 bunches)  
 1 teaspoon Vegetable oil (for greens)  
 1 Onion *chopped*  
 1 teaspoon Salt (feel free to use less)  
 ¼ teaspoon Black pepper  
 ½ teaspoon Ground nutmeg  
 3 tablespoons Part-skim Mozzarella cheese *grated*  
 3 tablespoons Parmesan cheese *grated*  
 2 Sweet potatoes *peeled and sliced into ¼-inch rounds*  
 1 teaspoon Dried oregano  
 Nonstick cooking spray  
 2 teaspoons Vegetable oil (for sauce)  
 1 Clove garlic *finely chopped*  
 1 tablespoon All-purpose flour  
 1 cup Nonfat milk

### What You'll Need

Baking dish  
 sink  
 bowl (2)  
 Knife  
 Cutting board  
 Skillet  
 stir spoon  
 Saucepan  
 whisk/fork  
 Oven mitt  
 Measuring spoons  
 Measuring cups

### Directions

1. Preheat oven to 400°F. Spray a 9 x 11-inch glass baking dish with nonstick cooking spray.
2. Wash and dry greens. Separate leaves from stems and chop stems into 1-inch pieces. Chop leaves into 2-inch pieces. Set aside.
3. Heat 1 teaspoon vegetable oil in skillet over medium heat. Add the onion and cook until lightly brown, about 5 minutes.
4. Add the stems, salt, pepper, and nutmeg. Cover and cook, stirring occasionally, until tender, about 5 to 7 minutes.
5. Add leaves a handful at a time, mixing as you go. Cook until all leaves are wilted and combined. Remove from heat.
6. Heat 2 teaspoons vegetable oil in a saucepan over medium heat. Add the garlic and cook for 30 seconds to 1 minute. Whisk in the flour and then slowly whisk in the milk.
7. Stir until sauce is thick enough to coat the back of a spoon, about 2 minutes. Remove from heat and set aside.
8. Combine cheeses in a bowl. Arrange half of the sweet potato slices in a single layer in the bottom of the prepared baking dish. Sprinkle with oregano. Add half of the collard greens mixture. Sprinkle with half of the cheese. Pour half of the sauce mixture over the top. Add a second layer of potato slices, then collard greens, then remaining sauce. Sprinkle the remaining cheese over the top.
9. Bake at 400°F for 40 to 45 minutes uncovered, until potatoes are cooked through. If the cheese starts to brown too much before the cooking time is over, cover it loosely with foil.
10. Remove dish from oven and serve hot.

### Nutrition Info and more

Serving size: 1 cup

Total calories: 90 Total fat: 4 g Saturated fat: 1 g Carbohydrates: 5 g Protein: 29 g Fiber: 2 g Sodium: 140 mg

# Let's talk about exercise

Regular physical exercise reduces your risk of heart disease and stroke. It also helps you to decrease those risk factors that we already talked about such as high blood pressure, high cholesterol, excess weight and diabetes.

Here are some easy ways that you can start

- Go slowly and build up gradually
- Choose activities that you enjoy. Walking is an easy way to get started
- Make exercise a regular part of your day. Exercise at the same time each day
- Whatever exercise you choose, aim for 30 minutes of moderate exercise (such as walking) at least 5 days of the week. If you choose high intensity exercise such as running, aim for 15 minutes per day for at least 5 days per week
- Remember to drink lots of water, during and after each exercise session.

My Exercise Plan

# Thankfulness

*Gratitude is a healthy attitude*

*A grateful heart is a healthy heart*

Scientists studying the human brain have discovered that practicing gratitude can have impressive effects on a person's health and wellbeing such as lowering blood pressure and improving the body's ability to fight off disease. Grateful people exercise more, eat healthier, are less likely to smoke or abuse alcohol and regularly take their medications.

So let's get at it. Let's start sharing the things that occur in our lives every day for which we are grateful. Let's write them in our journal or share with our family

1. **What did your body do for you today?** Did you take a walk? How many more steps did you take today than yesterday? How's your heart?
2. **What did you eat today?** Was it a good healthy meal? Were you fortunate enough to be able to provide three meals for your family today?
3. **What did you do that you really enjoyed today?** Did you have time for rest and relaxation? Did you read a really great book?
4. **Who did you connect with today?** Did you find your old school friend on Facebook? Do you have a special person in your life? Take time to think of the joy that this relationship brings.
5. **What are you doing right now?** Be thankful for the gift of time today. Yesterday is gone. Tomorrow is promised to no one. Enjoy the NOW!

# Three Commitments to Your Heart

We learned today that there are many actions that we can take to improve our heart health?

Will you decide today to make 3 commitments to your heart health?

- Commitment means making a mindful decision to do something
- Commitment to change means that you have decided that you deserve better
- Commitment to change takes courage.

***“When we have the courage to write our own story, we get to write the ending”***

***Brene Brown***

# *My Three Commitments to My Heart*

Here is an example

My first commitment is: To quit smoking

How I will do this: I will go from 2 packs per day to 1 pack. I will ask my Doctor for help.  
Maybe try the patch

When do I start: On my birthday on March 1

Your turn:

Commitment #1

My commitment:

How will I do this?

When do I start?

## Commitment #2

My commitment:

How will I do this?

When do I start?

## Commitment #3

My commitment:

How will I do this?

When do I start?

# Some apps to help you mindfully begin your journey to heart health

[Insight Timer \(iOS and Android\)](#)

[Smiling Mind \(iOS, Android and Web\)](#)

[Stop, Breathe and Think](#)

[UCLA Mindful](#)

[10% Happier](#)



The Minneapolis-Saint Paul Chapter of the Links, Inc: <http://msplinks.org/>

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