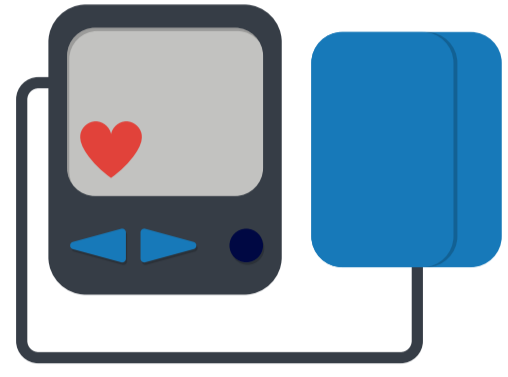


SEVEN GOALS TO PREVENT A **STROKE**

AND HOW TO ACHIEVE THEM



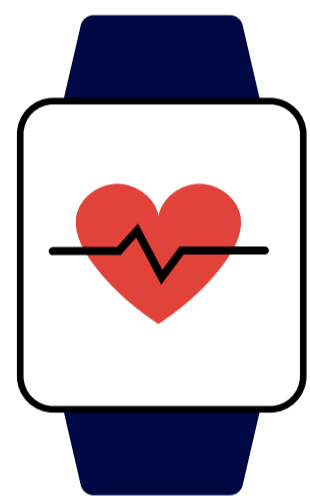
1. Maintain a blood pressure of less than 130/80.

- » Avoid high cholesterol foods.
 - » Reduce your sodium intake; aim for 1,500mg a day.
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2. Lose weight and keep your body mass index (BMI) below 25.

- » Increase exercise with fun activities like playing tennis and make them part of your daily life.
 - » Limit calories to 1,500 to 2,000 a day (depending on your activity level and BMI).
 - » Eat four to five cups of fruits and vegetables every day, one serving of fish two to three times a week, and several daily servings of whole grains and low-fat dairy.
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3. Exercise moderately at least five days a week.

- » Aim for 30 minutes of activity a day.
 - » When exercising, reach a level at which you're breathing hard but can still talk.
 - » Opt for the stairs instead of an elevator when possible.
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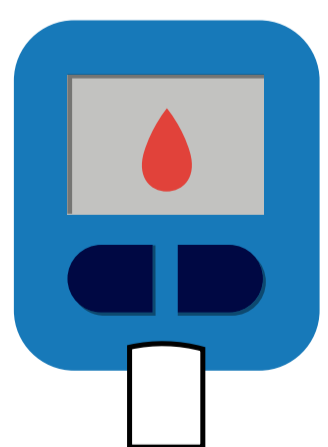
4. Limit your alcohol intake.

- » Drink in moderation—have no more than one glass of alcohol a day.
 - » Make red wine your first choice; it contains resveratrol, which may help protect the heart and brain.
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5. Treat an irregular heartbeat.

- » Visit your doctor if you have symptoms such as heart palpitations or shortness of breath.
 - » Take medications as prescribed by your doctor.
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6. Care for diabetes.

- » Monitor your blood sugar as directed by your doctor.
 - » Use diet, exercise, and medication to keep your blood sugar within the recommended range.
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7. Quit smoking.

- » Ask your doctor for the most appropriate way for you to quit.
- » Take advantage of the many aids available (e.g., nicotine patches, counseling, medication), and don't give up—each attempt brings you closer to beating the habit!