



7 Simple Steps to a Longer, Healthier Life

Taking care of yourself can lead to a longer, healthier life. There are seven simple steps that research has shown can make a difference. Each involves making good choices and requires some discipline, but all are doable. Dubbed “Life’s Simple 7” by the American Heart Association, they involve:

- 1.** Eating better, which can stave off chronic disease. Steps include increasing your intake of vegetables, fruits, nuts and seeds.
- 2.** Maintaining a healthy weight. This can reduce the burden on your heart, lungs, blood vessels and bones.
- 3.** Exercising. It can help with your cholesterol levels, weight and muscle tone.
- 4.** Quitting cigarettes, because even one can hurt you. There is no risk-free level of exposure to tobacco smoke.
- 5.** Managing blood pressure. Unhealthy ranges strain the heart, arteries and kidneys.
- 6.** Controlling cholesterol. Low cholesterol gives your arteries the best chance to stay clear of fatty blockages that reduce blood flow.
- 7.** Reducing blood sugar. This can lower the risk of dying from cardiovascular disease.



*This healthy living information is provided by
your Doctor of Chiropractic and the
Idaho Association of Chiropractic Physicians (IACP) .*