

MAKING LIFESTYLE CHANGES AFTER A HEART ATTACK

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



Know your numbers.

You can lower your risk of having a second heart attack by tracking your:

- Heart rate
- Cholesterol levels
- Blood sugar level
- Blood pressure numbers

Ask your health care professional to explain what your numbers should be and how often you should check them.

DATE	TIME	HEART RATE	CHOLESTEROL LEVEL	BLOOD SUGAR LEVEL

DATE	AM - BLOOD PRESSURE	PM - BLOOD PRESSURE



Take steps to get physically active.

Ask your health care professional to help you decide when to begin physical activity and what type will be best for you. Walking is often suggested because it's safe, easy and free. You can track your activity here:

DATE	TIME	ACTIVITY	MINUTES/DISTANCE	NOTES

Get information and tips about physical activity at [heart.org/PhysicalActivity](https://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 includes:

- A variety of fruits and vegetables
- Whole grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils

Learn more and access healthy recipes at [heart.org/HealthyEating](https://www.heart.org/HealthyEating).



Find support.

Patients who have a heart attack may feel a wide range of emotions, such as fear and anxiety. These feelings can last 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 [SupportNetwork.Heart.org](https://www.supportnetwork.heart.org).