

Life's Simple 7® for Kids



Healthy Eating Nutrition Basics **JUMP** Having Fun
Playing Raising Healthy Kids Getting Fit
Healthy Habits HEALTHY COOKING *Healthy Living For All™*

Keeping Your Heart Healthy Through Life's Simple 7

Everyone wants to live a long and healthy life. To do that, it's important to do the things that make you less likely to develop diseases and to know how to get better if you get sick. Keeping your heart healthy is one of the most important ways to make sure you are feeling your very best. As a young person, if you start doing small things every day that keep your body healthy, you have a better chance of living a longer, happier and healthier life.

This booklet will explain how you can live a heart-healthy life. Keeping your heart healthy will also make you less likely to develop many other types of diseases, like cancer and type 2 diabetes. All of the recommendations in this guide have some important things in common: any person can follow them, the steps are not difficult or expensive to take, and even adding small parts of these recommendations into your life can go a long way toward helping you feel your very best.

Making Small Choices Every Day Will Help Keep Your Heart Healthy

You make many choices each day, like what color socks you want to wear or how you wear your hair. Through making choices, you can increase your self-esteem and be more confident and comfortable with who you are. When it comes to making decisions that keep yourself healthy, it may seem difficult to choose better options when so many things seem easier or just more fun. You just need to take small steps in a healthy direction and that begins by knowing the healthy choices! Once you have that knowledge, it becomes easier to make choices every day that help keep you healthy.

How Do I Know if My Heart is Healthy?

Figuring out whether your heart is healthy begins with knowing where you stand in relation to seven simple aspects of heart health. The American Heart Association calls these things Life's Simple 7. They are:

1. Avoid smoking and using tobacco products



5. Keep your blood pressure healthy



2. Be physically active every day



6. Keep your total cholesterol healthy



3. Eat a heart-healthy diet



7. Keep your blood sugar healthy



4. Keep a healthy weight



The information in this booklet will help you understand these seven components of heart health and let you know how you can keep them in healthy ranges. To make this process fun and exciting, the American Heart Association has created a website called "My Life Check" (MyLifeCheck.org) that will help you understand all aspects of your heart health and give you and your family ideas to make the best choices. This booklet describes things you can do on your own to keep your heart healthy and some things that may require the help of a health professional.

But, first, let's talk about your heart.