



Risks and My Healthy Targets

Cardiovascular Prevention and Rehabilitation

Our Plan For Today

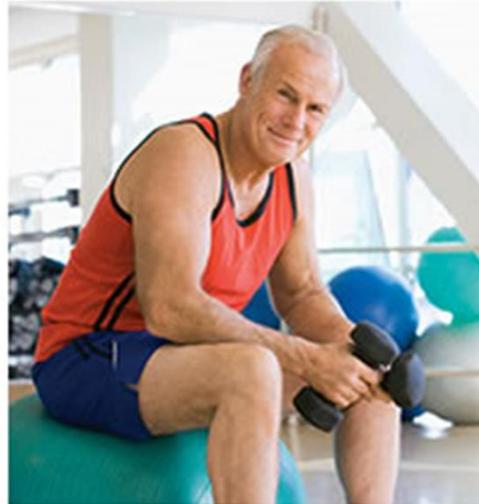
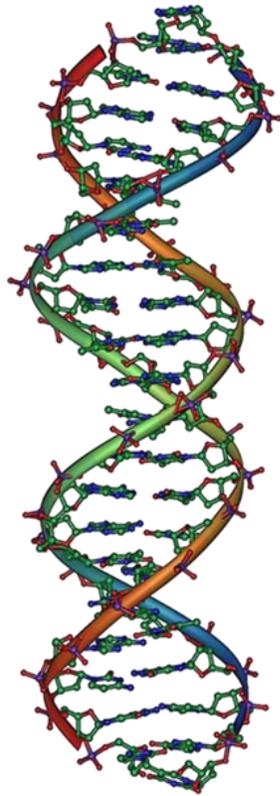
- ✓ Identify cardiovascular risk factors
- ✓ Motivate you to make healthy changes
- ✓ Setting healthy goals

Risk factors We Cannot Control

- ✓ Age
- ✓ Gender
- ✓ Ethnicity
- ✓ Family History
- ✓ Existing Disease



Our DNA and Illness



Risk Factors You Can Control

- ✓ Exercising regularly
- ✓ Quit smoking
- ✓ Manage high blood pressure
- ✓ Control cholesterol levels
- ✓ Managing blood pressure
- ✓ Body weight and waist measurement
- ✓ Eating a healthy diet
- ✓ Moderating alcohol intake
- ✓ Managing stress
- ✓ Better sleep



Healthy Targets

Healthy Targets for:

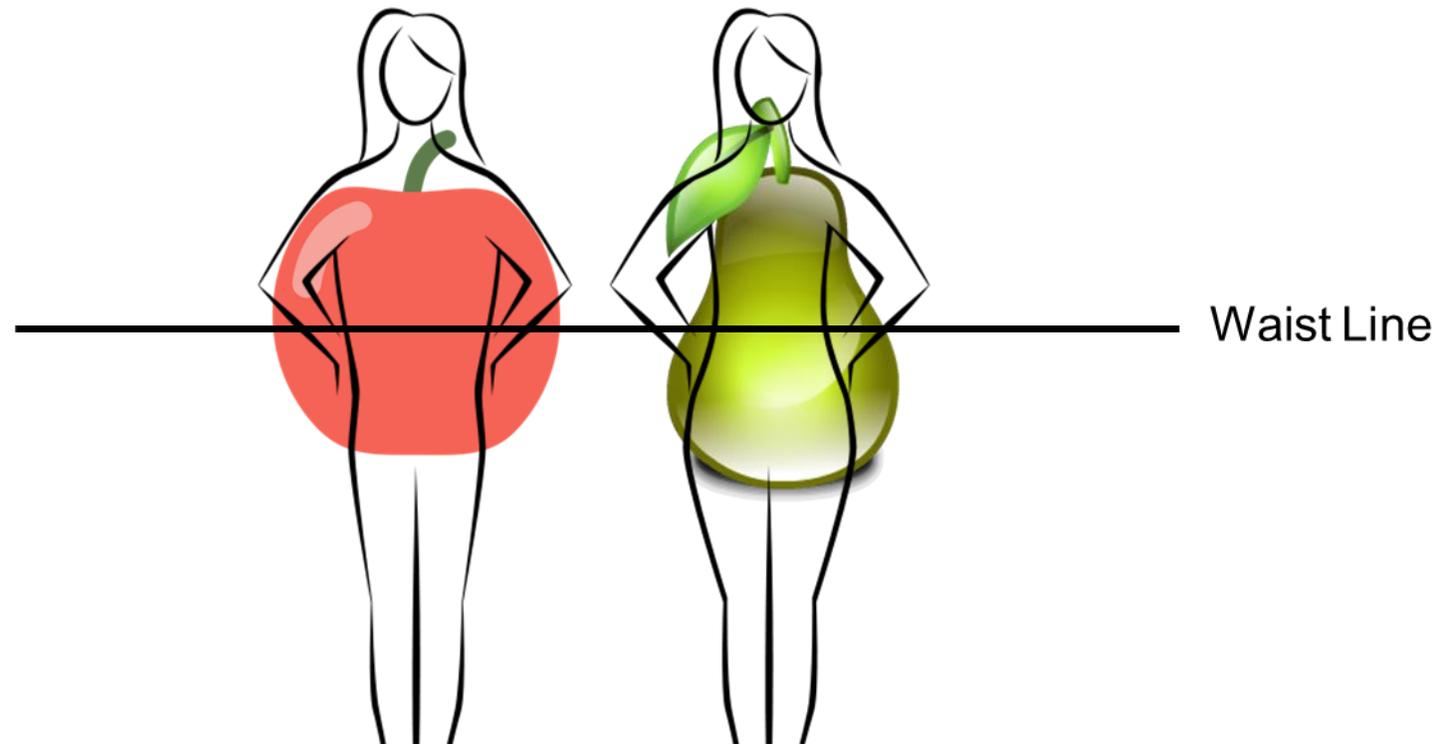
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Patient Information Sheet

In order to achieve the greatest cardiovascular improvement it is important for you to understand your current risk factors and what a healthy target or goal is in each risk category. This sheet will help you to identify and achieve realistic goals.

Healthy Target Measurement	Current date: ___/___/___	Three month date: ___/___/___	Graduation date: ___/___/___
Waist circumference Men: under 102 cm Asian Men: under 90cm Women: under 88cm			
Body Mass Index (BMI) 18.5 to 24.9 (kg/m ²)			
Percentage Body Fat Range: _____ - _____ %			
Blood Pressure Under 140/90 mm/Hg Diabetics/Kidney disease: under 130/80 mm/Hg	___/___	___/___	___/___
Smoking Non- smoker	Yes/No	Yes/No	Yes/No
Alcohol Intake Men: 1-2 drinks/day, maximum 14 per week Women: 1 drink/day, maximum 9 per week	___ Days per week ___ #/Week	___ Days per week ___ #/Week	___ Days per week ___ #/Week
Aerobic Exercise 30-60 minutes moderate to vigorous daily burn 2,000 kcal/week ***	___ Minutes/Workout ___ Workouts per week	___ Minutes/Workout ___ Workouts per week	___ Minutes/Workout ___ Workouts per week
Resistance Training 2-3 times per week	___ sessions per week	___ sessions per week	___ sessions per week

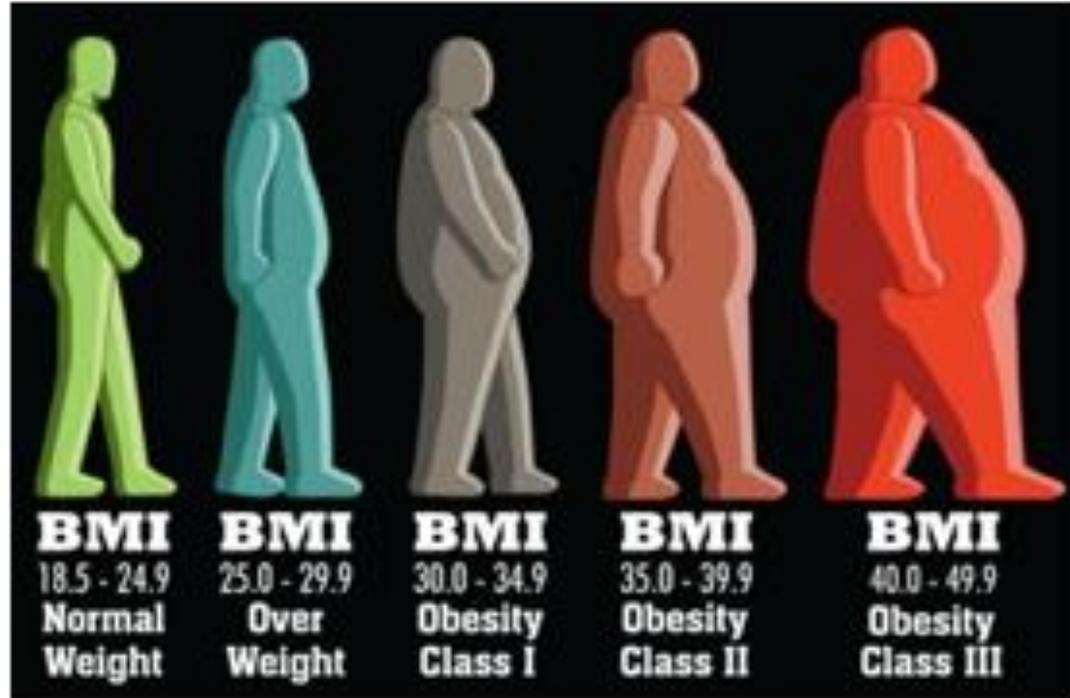
Obesity and Waist Circumference



✓ Men: less than 102cm (40")

✓ Women: less than 88 cm (35")

BMI: Body Mass Index



Height: 1.80m

Weight: 115kg

$$\text{BMI} = \frac{115 \text{ kg}}{1.80^2}$$

BMI = 35.5

Approximate measure of over or underweight

✓ Target: 20-25 kg/m²

High Blood Pressure: Hypertension

140
—
90



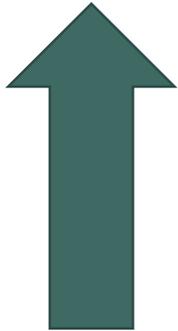
How can I manage hypertension??

Exercising To Lower My Risk

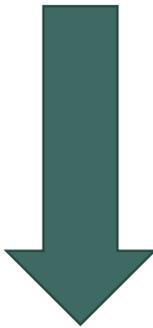
- ✓ Low fitness increases risk of life-threatening events or death.
- ✓ Aim for 30-60 minutes daily of regular exercise
- ✓ Resistance training 2-3 days per week to maintain muscular strength



Dietary Choices



Fibre
Healthy Fats
Fluids



Saturated Fat
Trans Fat
Sugar
Salt
Alcohol

Blood Sugars and Diabetes

- ✓ High blood sugars significantly increases your risk for Cardiovascular Disease

To reduce your risk:

- ✓ Monitor and control sugar levels
- ✓ Exercise daily
- ✓ Maintain normal body weight

Alcohol Intake

Recommended:

- Up to 3 drinks/day for men
(15 drinks per week)
- 2 drinks/day for women
(10 drinks per week)



One Serving =

- 1 bottle beer (12 oz)
- 5 oz wine (dry)
- 1.5 oz liquor

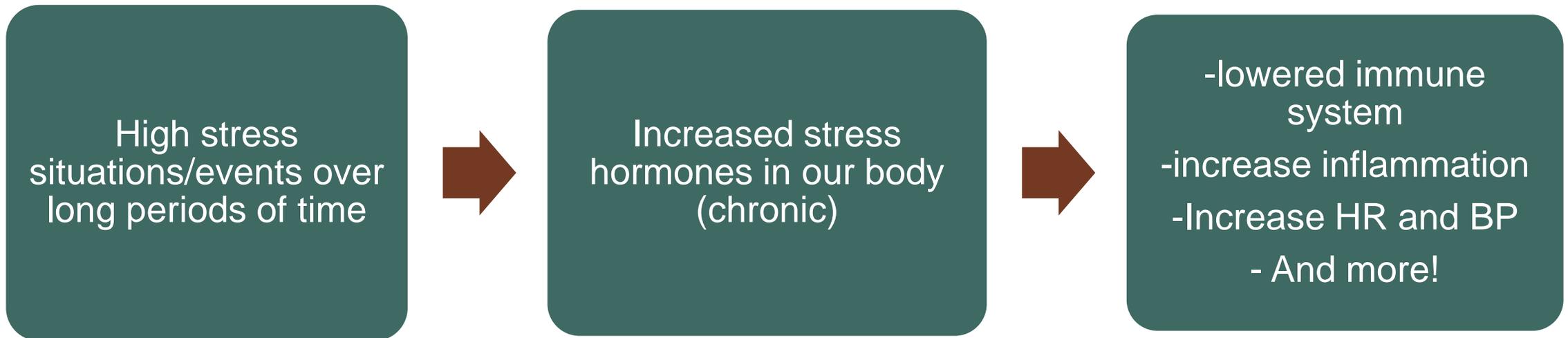
Smoking

One of the most important things you can do to improve your health is to quit smoking



Stress

How we react in stressful situations can impact our health including our heart and blood pressure



Healthy Behaviours

- ✓ Stay active
- ✓ Eat healthy
- ✓ Avoid smoking
- ✓ Minimal alcohol intake
- ✓ Manage stress
- ✓ Healthy sleep
- ✓ Weight control

Not sure what your goal should be?

Common goals our participants focus on include:

- Waist Circumference
- Body Mass Index (BMI)
- Percentage Body Fat
- Blood Pressure
- Smoking Status
- Alcohol Intake
- Aerobic Exercise
- Resistance Training
- Cholesterol Lab Results
- Diabetes Lab Results



Questions?

