

# LIFE'S SIMPLE

# 7

**Begin with one or two steps from this simple, seven-step list to start living your best, healthiest life.**

- 1** Manage blood pressure
- 2** Control cholesterol
- 3** Reduce blood sugar
- 4** Get active
- 5** Eat better
- 6** Lose weight
- 7** Stop smoking



**Search Life's Simple 7 at  
[www.heart.org](http://www.heart.org) to learn more.**