



‘UMI HANA E MĀLAMA AI I KA IKAIKA O KA PU‘UWAI

TEN WAYS FOR A HEALTHY HEART

1. **E ‘ike i kou papaha o ka loa‘a i ka ma‘i pu‘uwai.**
Know your risk factors for heart disease.
2. **E kūkā me kāu kauka no ka ho‘ēmi ‘ana i ka papaha o ka ma‘i pu‘uwai.**
Talk to your doctor about lowering your risk(s) for heart disease.
3. **E hō‘oia i kou helu mīkā koko i kekahi mau wā o ka makahiki.**
Check your blood pressure several times a year.
4. **E ‘ike a maopopo ho‘i no kou mau helu na‘o koko.**
Know and understand your cholesterol numbers.
5. **E hō‘oia i kou helu kōpa‘a koko no ka loa‘a i ka ma‘i mimi kō.**
Check your blood sugar for diabetes.
6. **E ha‘alele i ka puhi paka a nao paka paha a e ho‘ālo i ka uahi paka a ha‘i.**
Stop smoking cigarettes or tobacco and avoid secondhand smoke.
7. **E ‘aiaola i mālama ‘ia kou pu‘uwai.**
Eat healthy to protect your heart.
8. **E ho‘oikaika kino ma kahi o ke 30 – 45 minuke o ka lā.**
Exercise at least 30-45 minutes per day.
9. **E hō‘oia i ke kaumaha kūpono o ke kino.**
Maintain a healthy weight.
10. **E ‘ike ho‘i i nā hō‘ailono o ke kauhola pu‘uwai a e kelepona koke i ka helu 9-1-1.**
Know the signs of a heart attack and call 9-1-1 right away.

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