



Founga 'e 10 Te ke Ma'u ai ha Mafu Mo'ui Lelei

Ten Ways for a Healthy Heart

- 1. 'Ilo ho'o tu'unga tu'utāmaki ki he mahaki mafu'.**
Know your risk factors for heart disease.
- 2. Talanoa mo ho'o toketaa' ki ha ngaahi founga ke fakasi'isi'i ai 'a ho'o tu'unga tu'utāmaki ki he mahaki mafu'.**
Talk to your doctor about lowering your risk(s) for heart disease
- 3. Toutou fua pe sivi ho'o tu'unga toto' pe 'oku ma'olunga.**
Check your blood pressure several times a year.
- 4. 'Ilo'i pea mo mahino'i ho'o tu'unga fua kolesitulolo'.**
Know and understand your cholesterol numbers.
- 5. Vakai pe sivi 'a e tu'unga suka 'i ho toto' ke vakai pe 'oku' ke suka.**
Check your blood sugar for diabetes.
- 6. Ta'ofi 'a e ifi sikaleti' pea feinga ke fakamama'o mo faka'ehi'ehi mei he 'ahu 'o e sikaleti'.**
Stop smoking cigarettes or tobacco and avoid secondhand smoke.
- 7. Kai 'a e me'akai fakatupu mo'ui lelei' ke malu'i ho mafu' mei ha fa'ahinga mahaki.**
Eat healthy to protect your heart.
- 8. Fakamalohisino ha miniti 'e 30-45 he 'aho kotoa pē.**
Exercise at least 30-45 minutes per day.
- 9. Tauhi ha sino mo'ui lelei 'o 'oua 'e fu'u sino.**
Maintain a healthy weight.
- 10. 'Ilo 'a e ngaahi faka'ilonga 'o e mahaki mafu' mo e tu'u fakafokifā 'o e tā 'a e mafu' pea ke tā ki he 9-1-1 he vave taha' 'o ka hoko eni kiate koe.**
Know the signs of a heart attack and call 9-1-1 right away.

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FAMILI PE

