



Take Action!

Check three things you will do to help you lose weight:

- Wake up 15 minutes earlier to eat breakfast at home. Include fruit, whole-grain bread, and fat-free or low-fat (1%) milk.
- Prepare a heart healthy lunch the night before. Include fruits, vegetables, and small portions of leftovers.
- Take a piece of fruit for a snack at work.
- Eat smaller portions at dinner. Eat vegetables every night, or have a salad with low-calorie dressing.
- Drink water instead of soda or other drinks high in calories and sugar.
- Get active at work, at home, and in your spare time. Walk with your family or a friend.

Find Help.

- Ask for help from the doctor and dietitian if you need to lose weight.
- Find out if your community has heart health classes taught by community health workers (*promotores de salud*). If so, join the classes.