

# Your Heart, Your Life: Topics for Practice

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- How the Heart Works (Session 1)
- Heart Disease Risk Factor Activity (Session 1)
- What Are the Warning Signs of a Heart Attack? (Session 2)
- Types of Physical Activity (Session 3)
- Benefits of Physical Activity (Session 3)
- Lowering High Blood Pressure (Session 4)
- Shake the Salt and Sodium Habit (Session 4)
- Facts About Blood Pressure and Stroke (Session 4)
- Metabolic Syndrome and Your Health (Session 5)
- Food Label Activity—Fats (Session 5)
- Facts About Saturated Fat, *Trans* Fat, Cholesterol, and Fiber (Session 5)
- Cooking With Less Saturated Fat Activity (Session 5)
- What Is a Healthy Weight? Activity (Session 6)
- The Healthy Way To Lose Weight (Session 6)
- ABCs of Diabetes Control (Session 7)
- Think Before You Drink: Hidden Sugar in Common Beverages (Session 7)
- The Latino Diet (Session 8)
- Eating in a Heart Healthy Way Even When There Is Little Time: Busy Times (Session 9)
- Eating in a Heart Healthy Way Even When There Is Little Time: Eating Out (Session 9)
- Save Money on Your Food Bill (Session 9)
- Smoking Harms You (Session 10)
- Quitting Smoking (Session 10)