



## With Every Heartbeat Is Life: Topics for Practice

- How the Heart Works (Session 1)
- Risk Factor Activity (Session 1)
- What Are the Warning Signs of a Heart Attack? (Session 2)
- Benefits of Physical Activity (Session 3)
- Types of Physical Activity (Session 3)
- Understanding Blood Pressure and Stroke (Session 4)
- Lowering High Blood Pressure (Session 4)
- Shake the Salt and Sodium Habit (Session 4)
- Facts About Cholesterol (Session 5)
- Metabolic Syndrome and Your Health (Session 5)
- Food Label Activity: Fats (Session 5)
- Cooking With Less Saturated Fat (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: Sweeteners in Drinks Activity (Session 7)
- African American and Soul Food Dishes (Session 8)
- Eating in a Heart Healthy Way When You're Short on Time (Session 9)
- Tips for Eating Out the Heart Healthy Way (Session 9)
- Saving Money on Your Food Bill (Session 9)
- Smoking Harms All of You (Session 10)
- Quitting Smoking (Session 10)