



NAVIGATING PACIFIC HEARTS

www.pacifichealthpartners.org

E Sefulu Auala Mo Le Fatu Maloloina Lelei *Ten Ways for A Healthy Heart*

- 1. Iloa itu e afaina ai oe i le ma'i fatu.**
Know your risk factors for heart disease.
- 2. Talanoa i lau foma'i e uiga i le fa'aitiitia o le afaina o oe i le ma'i fatu.**
Talk to your doctor about lowering your risk(s) for heart disease.
- 3. Ia sili atu i le fa'alua ona siaki i le tausaga le maualuga o lou toto.**
Check your blood pressure several times a year.
- 4. Iloa ma malamalama i fuainumera i le gao o lou toto.**
Know and understand your cholesterol numbers.
- 5. Siaki le suka o lou toto mo le ma'i suka.**
Check your blood sugar for diabetes.
- 6. Taofi le ulaula sikaleti po o le tapaa ma foia le afaina mai le asu ole tapaa.**
Stop smoking cigarettes or tobacco and avoid secondhand smoke.
- 7. 'Ai i mea'ai maloloina e puipuia mai ai lou fatu.**
Eat healthy to protect your heart.
- 8. Ia faia faamalosi tino pe a ma le 30-45 minute i le aso.**
Exercise at least 30-45 minutes per day.
- 9. Faatumau le mamafa o le tino maloloina.**
Maintain a healthy weight.
- 10. Iloa faailoga o le fatu oso faafuase'i ma valaau loa le 9-1-1**
Know the signs of a heart attack and call 9-1-1 right away.

This program is presented by Pacific Islander Health Partnership (PIHP) and its Navigating Pacific Hearts partners. Funded by The University of California, Riverside with support from the Foundation for the National Institutes of Health in partnership with *The Heart Truth*® Program of the National Heart, Lung, and Blood Institutes.

