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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