

STROKE PREVENTION

My Daily Activity Log

Creating a healthy life is a journey. It is best to set a few goals and then set steps to achieve these goals. Maintaining a healthy lifestyle significantly reduce your chances of having a stroke.

My Exercise Log:

- Regular physical activity is one of the most important things you can do for your health.
- Being physically active can improve your brain and heart health, help manage weight, and reduce the risk of disease and stroke.
- Try something active that you enjoy doing at least 30 minutes per day.



• Exercise can include walking, dancing, swimming, and bicycle riding.

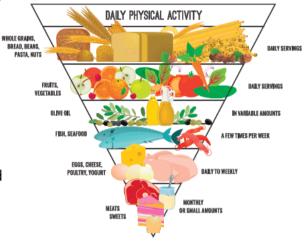
| Date | Duration | Activity Description | Notes |
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My Fruits & Vegetables Log:

- Eat a diet of whole foods, fruits, and vegetables. Studies show that consumption can lower your stroke risk significantly.
- Prepare your own food as much as possible. Pre-prepared foods (from a can, box, or restaurant) are often higher in salt, sugar, and fat.
- Consider a "Mediterranean Diet," as it has been shown to increase overall heart and blood vessel health.
- Consume less than 1,500 mg of salt (sodium) per day and avoid salty food items including table salt, soy sauce, fish sauce, and canned meat.

MEDITERRANEAN DIET



| Date | Time | Food Description | Amount | Notes |
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