





# DIABETES PREVENTION PROGRAM

## TIV THAIV MOB NTSHAV QAB ZIB



### Week 16, Session 12: Monday, March 8, 2021 to Sunday, March 14, 2021

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| <b>SESSION FOCUS</b> | Keep Your Heart Healthy   |
| <b>KEY POINTS</b>    | <ol style="list-style-type: none"> <li>1. Your heart matters</li> <li>2. Learn how to keep your heart healthy and strong</li> <li>3. Learn how to be heart smart about fats</li> </ol>  |
| <b>ACTION PLAN</b>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Keep Your Heart Healthy - overview of what your heart does, why heart health matters, how to keep your heart healthy and strong, and how to be heart smart about fats. <ul style="list-style-type: none"> <li> <a href="#">Keep Your Heart Healthy</a> – PowerPoint video</li> </ul> </li> <li><input type="checkbox"/> <b>Ways to Keep Your Heart Healthy</b> – covers what you should do each day to keep your heart healthy. Additionally, you may ask your healthcare provider how to keep your heart healthy. <ul style="list-style-type: none"> <li><a href="#">Ways to Keep Your Heart Healthy</a> – handout in English.</li> </ul> </li> <li><input type="checkbox"/> <b>All About Fats</b> – watch the video to learn what types of food you should limit even if it has healthy fats, what foods contain unhealthy fats, and which high cholesterol foods to avoid. Refer to the All About Fats handout for additional examples. Optional: Use the All About Fats check list to help you cook the healthy way. Try these options or come up with your own ideas to cook healthier! <ul style="list-style-type: none"> <li><a href="#">All About Fats</a> – handout in English.</li> <li><a href="#">All About Fats check list</a> – handout in English.</li> <li> <a href="#">All About Fats</a> – video</li> </ul> </li> </ul> |

If you have any questions or would like to connect with a Lifestyle Coach for more ideas or one-on-one support, please contact **Lindsey Lee** by email at [linds eyl@h mong.org](mailto:linds eyl@h mong.org) or by phone (612) 244-5721.