

Life's Essential 8



1. Eat a healthy diet
2. Get at least 150 minutes of moderate physical activity
3. Don't smoke or vape
4. Sleep 7 to 9 hours
5. Maintain a healthy body weight
6. Get your cholesterol checked
7. Keep fasting blood sugar < 100 mg/dL
8. Keep blood pressure below 120/80 mmHg

<https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>

