

“Success doesn’t come  
to you...you go to it.”

— Marva Collins

Session 11

Review and Graduation

# Review and Graduation

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## Objectives

**This session is designed to:**

- Review information learned in Sessions 1 through 10 using games and activities.
- Recognize the group members' efforts and accomplishments.

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## Materials and Supplies

**To conduct this session, you will need:**

- “With Every Heartbeat Is Life” manual and picture cards
- Heart Health Bingo Facts (pages 347–348)
- Heart Health Bingo Cards (pages 349–363)
- Bingo card markers (pennies, dry beans, or other items)
- Pens
- Stamped envelopes
- *(Optional)* Food (if having a potluck)
- *(Optional)* Small gift or certificate for each group member

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## Handouts

### Give group members these handouts during this session:

- “Heart Health Bingo Facts” (pages 347–348)
- “Heart Health Bingo Cards” (pages 349–363)
- *(Optional)* “Letter to Myself: Sample” (page 364)
- “Letter to Myself” (page 365)
- “Certificate of Achievement” (page 366)\*

\* Prepare the certificates (write in the name of each participant) before the session. You may photocopy the “Certificate of Achievement” handout (page 366), or you can buy certificates at an office supply store. Give each participant a certificate during the recognition part of this session.

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## Session Outline

### Introducing the Session

1. Welcome
2. Review of Last Week’s Session
3. About This Session

### Conducting the Session

1. Heart Health Bingo<sup>†</sup>
2. Letter to Myself Activity

### Recognition for Completing the With Every Heartbeat Is Life Project

### *(Optional)* Potluck Meal

### Closing

<sup>†</sup> Prepare the bingo cards and facts before the session.

# Introducing the Session

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## 1. Welcome

- Welcome group members to the session.

## 2. Review of Last Week's Session



**Note:** If group members went on a grocery store tour, ask them to share what they learned from the tour. If not, review Session 10.

- **Say:**

During Session 10, we talked about how cigarette smoking can harm you. Who can name some of the harmful effects of smoking?



**Note:** Allow 3 to 5 minutes for group members to answer. Write their answers on the blackboard or on a large piece of paper taped to the wall.

- **Add** these effects if they are not mentioned:

- Cigarette smoking can cause health problems, such as:
  - Heart disease
  - Stroke
  - Asthma
  - Cancer
  - COPD (chronic bronchitis and emphysema)
- Cigarette smoking irritates the eyes and can trigger asthma attacks.
- Less serious, but very unpleasant, effects of smoking include:
  - Yellow stains on teeth and fingers
  - Bad breath
  - Poorer sense of smell and taste
  - Early wrinkling of the face
  - Many colds and sore throats

■ **Ask:**

How did you do with your pledge? Did you do one thing to quit smoking or to protect your family from secondhand smoke? Did anything work very well? Did anything cause a problem?



**Note:** Allow 5 to 8 minutes for group members to comment.

### **3. About This Session**

■ **Say:**

Educator Marva Collins said, “Success doesn’t come to you . . . you go to it.”

■ **Ask:**

What does this quote mean to you?



**Note:** Allow 2 to 3 minutes for group members to answer.

■ **Say:**

During this session, we will go over information we learned in Sessions 1 through 10. Thank you all for taking part in the sessions. Congratulations on making the effort to learn how to lower the risk—for you and your families—of developing heart disease, stroke, and diabetes.

## Conducting the Session

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### **1. Heart Health Bingo**



**Note:** Make one copy of the “Heart Health Bingo Facts” handout (pages 347–348) on stiff paper, and cut the paper on the dotted lines. Mix the pieces, and place them in a box. Also make one copy of each of the Heart Health Bingo Cards (pages 349–363) on stiff paper, and cut them out.

- **Give** one card to each person. **Give** each group member nine pennies, dry beans, or other items that can be used to mark the cards.



- **Say:**

We are going to play a bingo game to review facts about preventing heart disease, stroke, and diabetes. Here's how to play:

- To start, place a marker on the free space in the center of the card.
- Listen as the bingo caller reads facts about heart health. These facts will be drawn from a box.
- If the fact that is read matches a fact on your card, place a marker on it.
- If you get three markers in a row, call out “Bingo.” The row can be up and down, across, or diagonal.

- **Hold** up a card to show the group how the rows can look.



**Note:** Play two or three games as time permits. At the end of each game, have the group members turn in their cards for new ones. If possible, you may want to award small prizes to the winners.

## 2. Letter to Myself Activity



**Note:** Bring a stamped envelope and pen for each group member. If you have group members who do not write well, let them tell you the information, and you can write it down for them.



- **Give** each group member a pen, the “Letter to Myself” handout (page 365), and a stamped envelope.



**Note:** You may want to **show** or **read** aloud the “Letter to Myself: Sample” handout (page 364) to give group members ideas.

- **Ask** the group members to use the handout to list healthy changes they will continue to work on until these changes become habits.
- **Tell** them to address the envelope to themselves and place the letter inside. Collect the sealed, self-addressed envelopes.

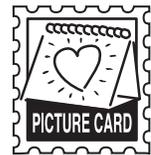
■ **Say:**

I will mail your letter to you in about 3 months. Getting this letter will help remind you to keep using what you've learned in these sessions to care for your heart health.

## Recognition for Completing the With Every Heartbeat Is Life Project

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■ **Show picture card 11.1.**



■ **Say:**

Thank you for taking the time to attend and actively participate in the sessions. Now you are equipped with the knowledge and skills to live a heart healthy lifestyle. I hope you will use the information to help improve the heart health of you and your family.

■ *(Optional)* **Give** each group member a small gift of recognition.

■ **Say:**

Now, I would like to give each of you a certificate to honor your efforts and your achievements.

■ **Call** each group member's name and give each person a "Certificate of Achievement" (page 366) and, if you choose, a small gift of recognition.

■ **Say:**

I would also like to recognize you for completing your family health history activity during this training. Knowing your own family health history will help you take action to prevent and control your risk for heart disease and stroke.

■ **Ask:**

Does anyone want to share what you have learned about your family health history? Did you think the activity was helpful?



**Note:** Allow a moment for group members to respond.

■ **Say:**

Now, you have a chance to talk about what you have found helpful during this course. Would anyone like to share a short story about your family's reactions to your pledged activities?



**Note:** Allow a moment for group members to respond.

■ **Say:**

I would also like to know if you have done any activities from the “Tender Care for a Happy Heart” list that we saw in Session 2, Act in Time to Heart Attack Signs. How did you do with the actions for a happy heart? Are you listening to soft music? Have you planted a garden? Have you learned to breathe deeply? Have you shown gratitude to others? Which of these actions has affected you the most? Have you done any of these actions as a daily activity?



**Note:** Allow 2 to 3 minutes for group members to respond.

## *(Optional)* Potluck Meal

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■ **Say:**

Now is the time for the potluck meal. Place the dishes you brought on the table. We will begin the celebration.

## Closing

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■ **Say:**

Each of you has demonstrated today's quote: “Success doesn't come to you . . . you go to it.” Throughout the course, you have remained dedicated to making healthy lifestyle changes for you and your family.

■ **Say:**

Thank you for coming and for completing the course. I wish everyone well, and I hope you continue your journey toward good health and a healthy heart.



**Note:** Think about today's session and about all of the experience and knowledge you have gained during this training over the last few months. What do you think worked and what didn't work? What changed in your own life as a result of what you learned during these sessions?

# Heart Health Bingo Facts

*(Photocopy and cut on the dotted lines.)*

Protect your heart. When the heart stops, life stops.	If your waist measurement is high, you are at risk for heart disease.
Physical activity makes your heart and lungs stronger.	Each day, do at least 30 to 60 minutes of physical activity and encourage your children to be active for 60 minutes.
A stroke happens when blood and oxygen can't get to the brain. The brain starts to die.	It is best to have a blood pressure reading below 120/80 mmHg.
A blood pressure reading of 140/90 mmHg or greater is high.	Eat less salt and sodium to help prevent high blood pressure.
Hypertension is another term for high blood pressure.	Heart attack warning signs are pain in the chest, arms, back, neck, or jaw; difficulty breathing; light-headedness; cold sweat; and feeling sick to your stomach.
Use herbs and spices instead of salt.	If you are prescribed blood pressure or cholesterol medication, take it as the doctor tells you.
Being overweight increases your risk of heart disease and diabetes.	Being overweight increases your risk of high blood pressure and high blood cholesterol.
People with diabetes can die from heart disease or stroke.	If someone is having a heart attack or stroke, do not drive them. Call 9-1-1 right away.
To lose weight, cut down on portion size and be more active.	The food label gives the serving size and the number of calories in a serving.
A BMI (body mass index) tells you if you are overweight. A BMI under 25 is a healthy weight.	Eat more fruit each day. Have a banana with your cereal for breakfast.

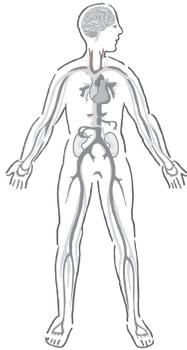
# Heart Health Bingo Facts *(continued)*

*(Photocopy and cut on the dotted lines.)*

<p>Eat more vegetables each day. Have a salad for lunch.</p>	<p style="text-align: center;">✂</p> <p>When eating out, order baked, broiled, or grilled foods to cut down on fat and calories.</p>
<p>To save food dollars, plan weekly menus. Shop with a list!</p>	<p>Try fruit and fat-free yogurt for snacks.</p>
<p>Smoking causes serious health problems such as heart disease and lung cancer.</p>	<p>Pregnant women should not smoke.</p>
<p>Children of smokers are more likely to become smokers.</p>	<p>A desirable LDL (bad) blood cholesterol level is below 100 mg/dL.</p>
<p>Prediabetes means that you are on the way to developing diabetes. Act now—lose weight if overweight and become active.</p>	<p>Cholesterol can clog your arteries and cause a heart attack or stroke.</p>
<p>The signs of diabetes are increased thirst, hunger, and urination; fatigue; weight loss; blurred vision; and sores that don't heal.</p>	<p>Trim visible fat from meat before cooking.</p>
<p>Use the food label to choose foods lower in saturated fat, <i>trans</i> fat, and cholesterol.</p>	<p>Saturated fat is found in high-fat meat, cheese, milk, and butter.</p>
<p>High blood pressure makes your heart work harder.</p>	<p>Cook more food than you need and freeze part to use when you don't have a lot of time to cook.</p>
<p>Vegetables and fruits are naturally low in fat.</p>	<p>Drain meat after it is cooked to get rid of some of the fat.</p>
<p>A healthy triglyceride level is less than 150 mg/dL.</p>	<p>To prevent diabetes, keep your weight down and be physically active.</p>

# Heart Health Bingo Card 1

## Heart Health Bingo



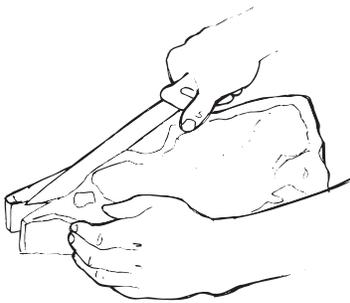
A stroke happens when blood and oxygen can't get to the brain. The brain starts to die.



Use herbs and spices instead of salt.



Children of smokers are more likely to become smokers.



Trim visible fat from meat before cooking.



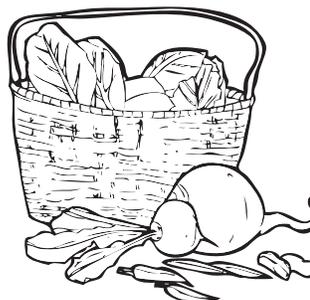
**FREE  
SPACE**



The signs of diabetes are increased thirst, hunger, and urination; fatigue; weight loss; blurred vision; and sores that don't heal.

Nutrition Facts	
Serving Size 1 block	
Servings Per Container 2	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 820mg	34%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 5g</b>	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 6%

Use the food label to choose foods lower in saturated fat, *trans* fat, and cholesterol.



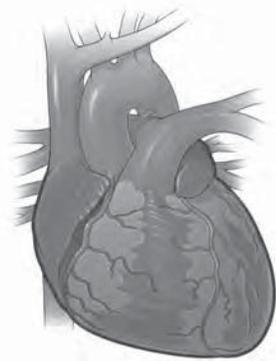
Eat more vegetables each day. Have a salad for lunch.



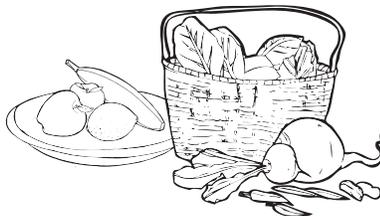
Cook more food than you need and freeze part to use when you don't have a lot of time to cook.

# Heart Health Bingo Card 2

## Heart Health Bingo



High blood pressure makes your heart work harder.



Vegetables and fruits are naturally low in fat.

Nutrition Facts	
Serving Size 1 block Servings Per Container 2	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 820mg	34%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 5g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 6%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

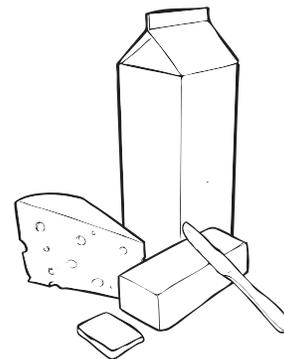
Use the food label to choose foods lower in saturated fat, *trans* fat, and cholesterol.



If someone is having a heart attack or stroke, do not drive them. Call 9-1-1 right away.



**FREE  
SPACE**



Saturated fat is found in high-fat meat, cheese, milk, and butter.



A blood pressure reading of 140/90 mmHg or greater is high.



If your waist measurement is high, you are at risk for heart disease.



Pregnant women should not smoke.

# Heart Health Bingo Card 3

## Heart Health Bingo



Children of smokers are more likely to become smokers.



Cook more food than you need and freeze part to use when you don't have a lot of time to cook.



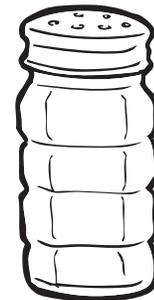
To prevent diabetes, keep your weight down and be physically active.



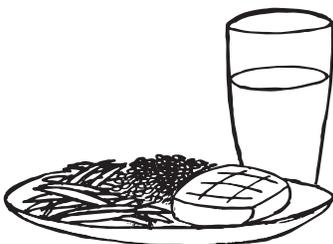
Protect your heart. When the heart stops, life stops.



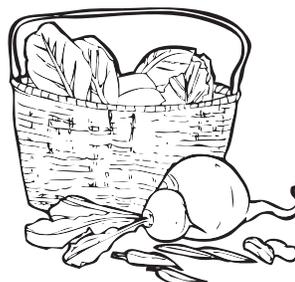
**FREE  
SPACE**



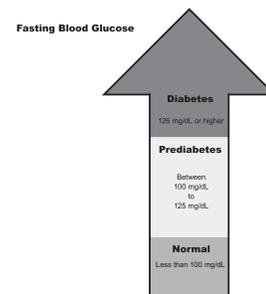
Eat less salt and sodium to help prevent high blood pressure.



To lose weight, cut down on portion size and be more active.



Eat more vegetables each day. Have a salad for lunch.



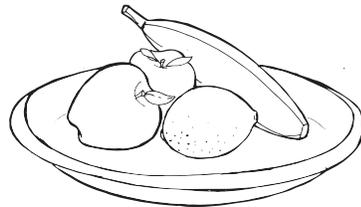
Prediabetes means that you are on the way to developing diabetes. Act now—lose weight if overweight and become active.

# Heart Health Bingo Card 4

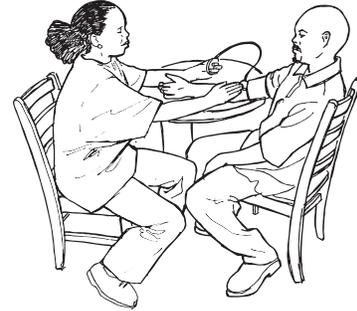
## Heart Health Bingo



Cholesterol can clog your arteries and cause a heart attack or stroke.



Eat more fruit each day. Have a banana with your cereal for breakfast.



Hypertension is another term for high blood pressure.



Smoking causes serious health problems such as heart disease and lung cancer.

♥  
**FREE  
SPACE**

Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 820mg	34%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 5g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 6%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

The food label gives the serving size and the number of calories in a serving.



Heart attack warning signs are pain in the chest, arms, back, neck, or jaw; difficulty breathing; light-headedness; cold sweat; and feeling sick to your stomach.



LDL below  
100 mg/dL

A desirable LDL (bad) blood cholesterol level is below 100 mg/dL.

Body Mass Index (BMI) Chart

BMI	Underweight					Average					Overweight						
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
4'0"	95	96	98	100	102	104	106	108	110	112	114	116	118	120	122	124	126
4'1"	96	97	99	101	103	105	107	109	111	113	115	117	119	121	123	125	127
4'2"	97	98	100	102	104	106	108	110	112	114	116	118	120	122	124	126	128
4'3"	98	99	101	103	105	107	109	111	113	115	117	119	121	123	125	127	129
4'4"	99	100	102	104	106	108	110	112	114	116	118	120	122	124	126	128	130
4'5"	100	101	103	105	107	109	111	113	115	117	119	121	123	125	127	129	131
4'6"	101	102	104	106	108	110	112	114	116	118	120	122	124	126	128	130	132
4'7"	102	103	105	107	109	111	113	115	117	119	121	123	125	127	129	131	133
4'8"	103	104	106	108	110	112	114	116	118	120	122	124	126	128	130	132	134
4'9"	104	105	107	109	111	113	115	117	119	121	123	125	127	129	131	133	135
4'10"	105	106	108	110	112	114	116	118	120	122	124	126	128	130	132	134	136
4'11"	106	107	109	111	113	115	117	119	121	123	125	127	129	131	133	135	137
4'12"	107	108	110	112	114	116	118	120	122	124	126	128	130	132	134	136	138
5'0"	108	109	111	113	115	117	119	121	123	125	127	129	131	133	135	137	139
5'1"	109	110	112	114	116	118	120	122	124	126	128	130	132	134	136	138	140
5'2"	110	111	113	115	117	119	121	123	125	127	129	131	133	135	137	139	141
5'3"	111	112	114	116	118	120	122	124	126	128	130	132	134	136	138	140	142
5'4"	112	113	115	117	119	121	123	125	127	129	131	133	135	137	139	141	143
5'5"	113	114	116	118	120	122	124	126	128	130	132	134	136	138	140	142	144
5'6"	114	115	117	119	121	123	125	127	129	131	133	135	137	139	141	143	145
5'7"	115	116	118	120	122	124	126	128	130	132	134	136	138	140	142	144	146
5'8"	116	117	119	121	123	125	127	129	131	133	135	137	139	141	143	145	147
5'9"	117	118	120	122	124	126	128	130	132	134	136	138	140	142	144	146	148
5'10"	118	119	121	123	125	127	129	131	133	135	137	139	141	143	145	147	149
5'11"	119	120	122	124	126	128	130	132	134	136	138	140	142	144	146	148	150
6'0"	120	121	123	125	127	129	131	133	135	137	139	141	143	145	147	149	151
6'1"	121	122	124	126	128	130	132	134	136	138	140	142	144	146	148	150	152
6'2"	122	123	125	127	129	131	133	135	137	139	141	143	145	147	149	151	153
6'3"	123	124	126	128	130	132	134	136	138	140	142	144	146	148	150	152	154
6'4"	124	125	127	129	131	133	135	137	139	141	143	145	147	149	151	153	155

A BMI (body mass index) tells you if you are overweight. A BMI under 25 is a healthy weight.

# Heart Health Bingo Card 5

## Heart Health Bingo



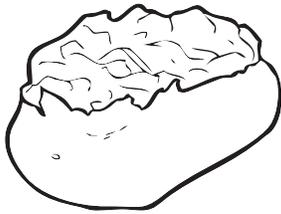
Each day, do at least 30 to 60 minutes of physical activity, and encourage your children to be active for 60 minutes.



Being overweight increases your risk of heart disease and diabetes.



Try fruit and fat-free yogurt for snacks.



When eating out, order baked, broiled, or grilled foods to cut down on fat and calories.



**FREE  
SPACE**



A healthy triglyceride level is below 150 mg/dL.



Trim visible fat from meat before cooking.



If you are prescribed blood pressure or cholesterol medication, take it as the doctor tells you.



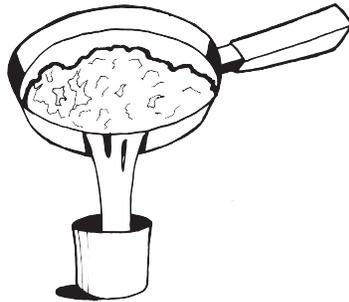
To save food dollars, plan weekly menus. Shop with a list!

# Heart Health Bingo Card 6

## Heart Health Bingo



The signs of diabetes are increased thirst, hunger, and urination; fatigue; weight loss; blurred vision; and sores that don't heal.



Drain meat after it is cooked to get rid of some of the fat.



It is best to have a blood pressure reading below 120/80 mmHg.



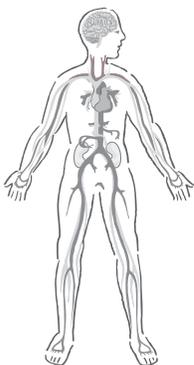
People with diabetes can die from heart disease or stroke.



**FREE  
SPACE**



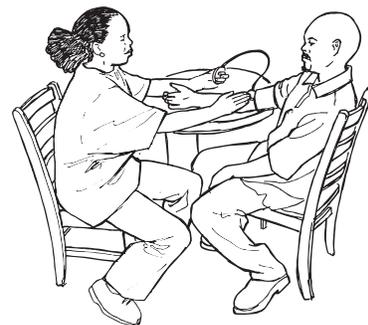
Use herbs and spices instead of salt.



A stroke happens when blood and oxygen can't get to the brain. The brain starts to die.



If your waist measurement is high, you are at risk for heart disease.



Hypertension is another term for high blood pressure.

# Heart Health Bingo Card 7

## Heart Health Bingo

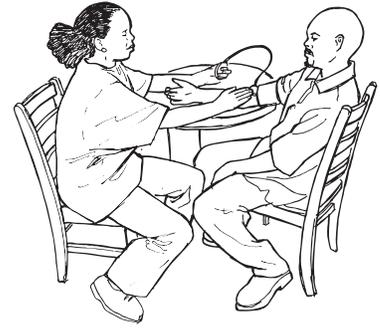


LDL below  
100 mg/dL

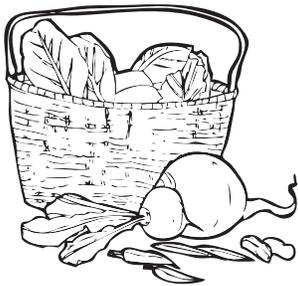
A desirable LDL (bad) blood cholesterol level is below 100 mg/dL.



Physical activity makes your heart and lungs stronger.



Hypertension is another term for high blood pressure.



Eat more vegetables each day. Have a salad for lunch.



**FREE  
SPACE**



A healthy triglyceride level is below 150 mg/dL.



Pregnant women should not smoke.



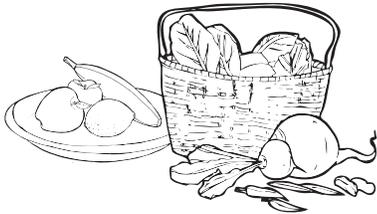
Use herbs and spices instead of salt.



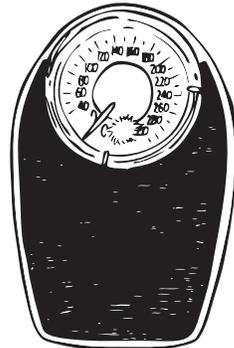
A blood pressure reading of 140/90 mmHg or greater is high.

# Heart Health Bingo Card 8

## Heart Health Bingo



Vegetables and fruits are naturally low in fat.



Being overweight increases your risk of high blood pressure and high blood cholesterol.



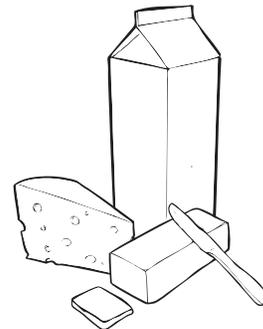
Physical activity makes your heart and lungs stronger.



Smoking causes serious health problems such as heart disease and lung cancer.



**FREE  
SPACE**



Saturated fat is found in high-fat meat, cheese, milk, and butter.



A blood pressure reading of 140/90 mmHg or greater is high.



To save food dollars, plan weekly menus. Shop with a list!



To lose weight, cut down on portion size and be more active.

# Heart Health Bingo Card 9

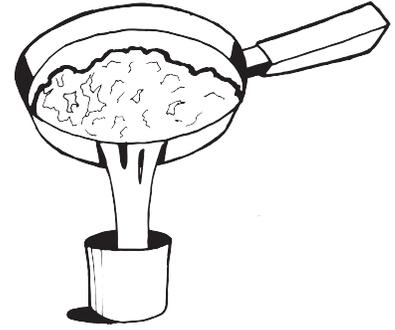
## Heart Health Bingo



Pregnant women should not smoke.



Eat more vegetables each day.  
Have a salad for lunch.



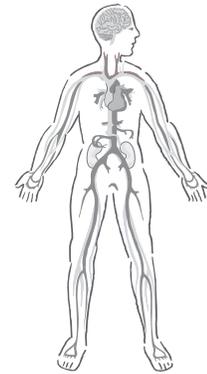
Drain meat after it is cooked to get rid of some of the fat.



Cook more food than you need and freeze part to use when you don't have a lot of time to cook.



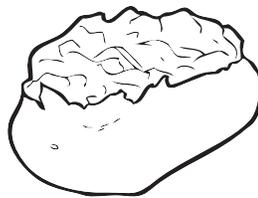
**FREE  
SPACE**



A stroke happens when blood and oxygen can't get to the brain. The brain starts to die.



If someone is having a heart attack or stroke, do not drive them. Call 9-1-1 right away.



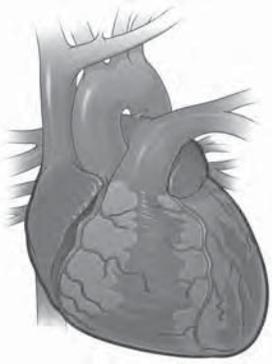
When eating out, order baked, broiled, or grilled foods to cut down on fat and calories.



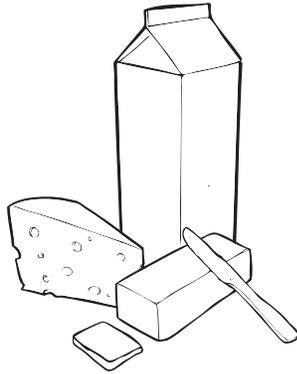
Protect your heart. When the heart stops, life stops.

# Heart Health Bingo Card 10

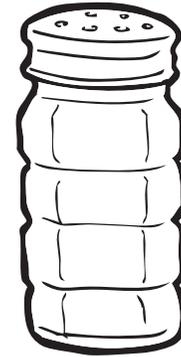
## Heart Health Bingo



High blood pressure makes your heart work harder.



Saturated fat is found in high-fat meat, cheese, milk, and butter.



Eat less salt and sodium to help prevent high blood pressure.



Cook more food than you need and freeze part to use when you don't have a lot of time to cook.



**FREE  
SPACE**



Heart attack warning signs are pain in the chest, arms, back, neck, or jaw; difficulty breathing; light-headedness; cold sweat; and feeling sick to your stomach.



If your waist measurement is high, you are at risk for heart disease.



Children of smokers are more likely to become smokers.



If someone is having a heart attack or stroke, do not drive him or her. Call 9-1-1 right away.

# Heart Health Bingo Card 11

## Heart Health Bingo



It is best to have a blood pressure reading below 120/80 mmHg.

Body Mass Index (BMI) Chart

BMI	Healthy Weight					Overweight					Obese						
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
4'0"	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135
4'1"	58	63	68	73	78	83	88	93	98	103	108	113	118	123	128	133	138
4'2"	61	66	71	76	81	86	91	96	101	106	111	116	121	126	131	136	141
4'3"	64	69	74	79	84	89	94	99	104	109	114	119	124	129	134	139	144
4'4"	67	72	77	82	87	92	97	102	107	112	117	122	127	132	137	142	147
4'5"	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150
4'6"	73	78	83	88	93	98	103	108	113	118	123	128	133	138	143	148	153
4'7"	76	81	86	91	96	101	106	111	116	121	126	131	136	141	146	151	156
4'8"	79	84	89	94	99	104	109	114	119	124	129	134	139	144	149	154	159
4'9"	82	87	92	97	102	107	112	117	122	127	132	137	142	147	152	157	162
4'10"	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165
4'11"	88	93	98	103	108	113	118	123	128	133	138	143	148	153	158	163	168
4'12"	91	96	101	106	111	116	121	126	131	136	141	146	151	156	161	166	171
5'0"	94	99	104	109	114	119	124	129	134	139	144	149	154	159	164	169	174
5'1"	97	102	107	112	117	122	127	132	137	142	147	152	157	162	167	172	177
5'2"	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180
5'3"	103	108	113	118	123	128	133	138	143	148	153	158	163	168	173	178	183
5'4"	106	111	116	121	126	131	136	141	146	151	156	161	166	171	176	181	186
5'5"	109	114	119	124	129	134	139	144	149	154	159	164	169	174	179	184	189
5'6"	112	117	122	127	132	137	142	147	152	157	162	167	172	177	182	187	192
5'7"	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195
5'8"	118	123	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198
5'9"	121	126	131	136	141	146	151	156	161	166	171	176	181	186	191	196	201
5'10"	124	129	134	139	144	149	154	159	164	169	174	179	184	189	194	199	204
5'11"	127	132	137	142	147	152	157	162	167	172	177	182	187	192	197	202	207
6'0"	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210
6'1"	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	213
6'2"	136	141	146	151	156	161	166	171	176	181	186	191	196	201	206	211	216
6'3"	139	144	149	154	159	164	169	174	179	184	189	194	199	204	209	214	219
6'4"	142	147	152	157	162	167	172	177	182	187	192	197	202	207	212	217	222
6'5"	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225
6'6"	148	153	158	163	168	173	178	183	188	193	198	203	208	213	218	223	228
6'7"	151	156	161	166	171	176	181	186	191	196	201	206	211	216	221	226	231
6'8"	154	159	164	169	174	179	184	189	194	199	204	209	214	219	224	229	234

A BMI (body mass index) tells you if you are overweight. A BMI under 25 is a healthy weight.

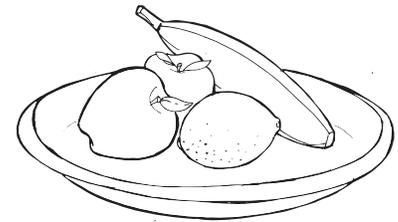


Smoking causes serious health problems such as heart disease and lung cancer.



To save food dollars, plan weekly menus. Shop with a list!

♥  
**FREE  
SPACE**



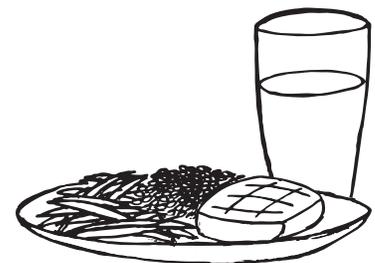
Eat more fruit each day. Have a banana with your cereal for breakfast.



To prevent diabetes, keep your weight down and be physically active.



If your waist measurement is high, you are at risk for heart disease.



To lose weight, cut down on portion size and be more active.

# Heart Health Bingo Card 12

## Heart Health Bingo



Being overweight increases your risk of heart disease and diabetes.



Each day, do at least 30 to 60 minutes of physical activity, and encourage your children to be active for 60 minutes.



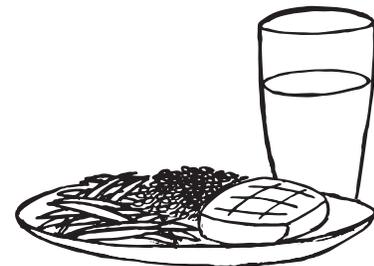
Try fruit and fat-free yogurt for snacks.



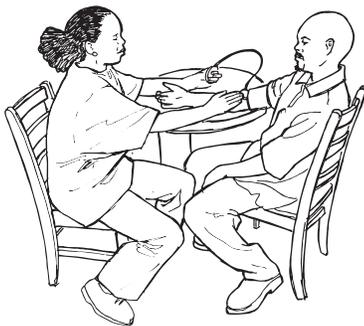
Cholesterol can clog your arteries and cause a heart attack or stroke.



**FREE  
SPACE**



To lose weight, cut down on portion size and be more active.



Hypertension is another term for high blood pressure.



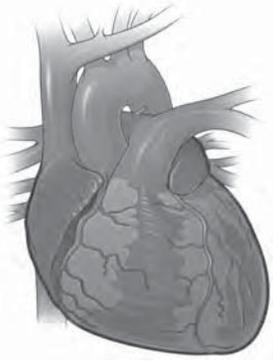
Cook more food than you need and freeze part to use when you don't have a lot of time to cook.



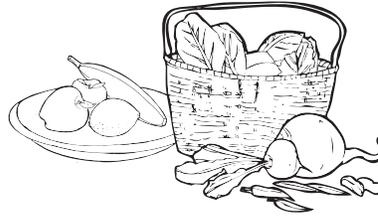
Heart attack warning signs are pain in the chest, arms, back, neck, or jaw; difficulty breathing; light-headedness; cold sweat; and feeling sick to your stomach.

# Heart Health Bingo Card 13

## Heart Health Bingo



High blood pressure makes your heart work harder.



Vegetables and fruits are naturally low in fat.

Nutrition Facts	
Serving Size 1 block Servings Per Container 2	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 820mg	34%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 5g</b>	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 6%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

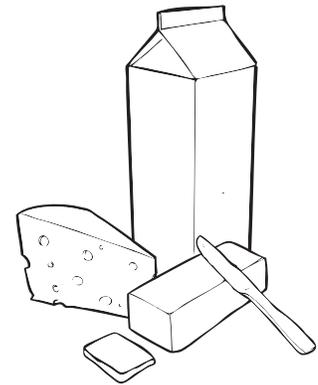
Use the food label to choose foods lower in saturated fat, *trans* fat, and cholesterol.



If someone is having a heart attack or stroke, do not drive him or her. Call 9-1-1 right away.



**FREE  
SPACE**



Saturated fat is found in high-fat meat, cheese, milk, and butter.



A blood pressure reading of 140/90 mmHg or greater is high.



If your waist measurement is high, you are at risk for heart disease.



Pregnant women should not smoke.

# Heart Health Bingo Card 14

## Heart Health Bingo



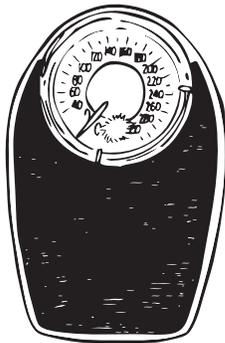
If your waist measurement is high, you are at risk for heart disease.



If you are prescribed blood pressure or cholesterol medication, take it as the doctor tells you.



High blood pressure makes your heart work harder.



Being overweight increases your risk of high blood pressure and high blood cholesterol.



**FREE  
SPACE**



Smoking causes serious health problems such as heart disease and lung cancer.

Nutrition Facts	
Serving Size 4 oz	
Servings Per Container 2	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 820mg	34%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein</b> 5g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 6%

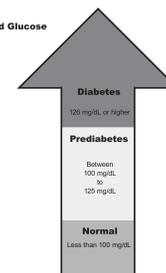
\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

The food label gives the serving size and the number of calories in a serving.



Children of smokers are more likely to become smokers.

Fasting Blood Glucose



Prediabetes means that you are on the way to developing diabetes. Act now—lose weight if overweight and become active.

# Heart Health Bingo Card 15

## Heart Health Bingo



Trim visible fat from meat before cooking.

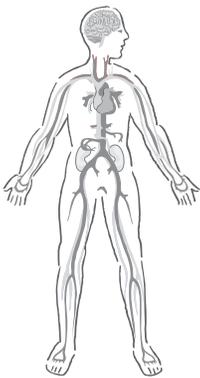


Pregnant women should not smoke.

Nutrition Facts	
Serving Size 1 block Servings Per Container 2	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	34%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 5g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 6%

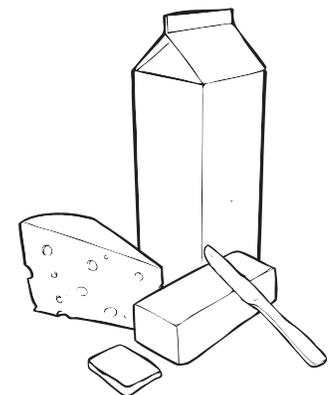
\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Use the food label to choose foods lower in saturated fat, *trans* fat, and cholesterol.



A stroke happens when blood and oxygen can't get to the brain. The brain starts to die.

♥  
**FREE  
SPACE**



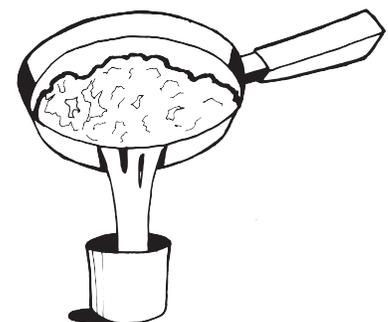
Saturated fat is found in high-fat meat, cheese, milk, and butter.



A healthy triglyceride level is below 150 mg/dL.



Use herbs and spices instead of salt.



Drain meat after it is cooked to get rid of some of the fat.

# Letter to Myself: Sample

I have learned that I can do many things to improve my health and lower my risk of developing heart disease. I can help my family members make healthy choices, too. During the next 3 months, I will try to do these things to care for my heart:

1. At work, I will use the stairs instead of taking the elevator.

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2. I will eat 2 cups of fruit (an orange and an apple) every day.

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3. When eating out, I will choose foods that are baked, broiled, or grilled.

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4. I will switch to reduced-fat (2%) milk for 1 month, then to low-fat (1%) milk for 1 month, and finally to fat-free milk.

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5. I will have my blood pressure checked at the local clinic.

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Signed Robert Hall

Date 8/15/2007



# Letter to Myself

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I have learned that I can do many things to improve my health and lower my risk of developing heart disease. I can help my family make healthy choices, too. During the next 3 months, I will try to do these things to care for my heart:

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_

# Certificate of Achievement

Awarded to:

\_\_\_\_\_

For Completing the  
With Every Heartbeat Is Life Project

\_\_\_\_\_

Date

\_\_\_\_\_

Community Health Worker



U.S. Department of Health and Human Services  
National Institutes of Health



National Heart  
Lung and Blood Institute  
People Science Health