

Strategies for Weight Management and Heart Health

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Agenda

Who should follow a heart healthy plan?

Weight loss

Recommendations at a glance

Tips for implementing

Know your numbers

Takeaways/goals

Who may
benefit from a
heart healthy
plan?



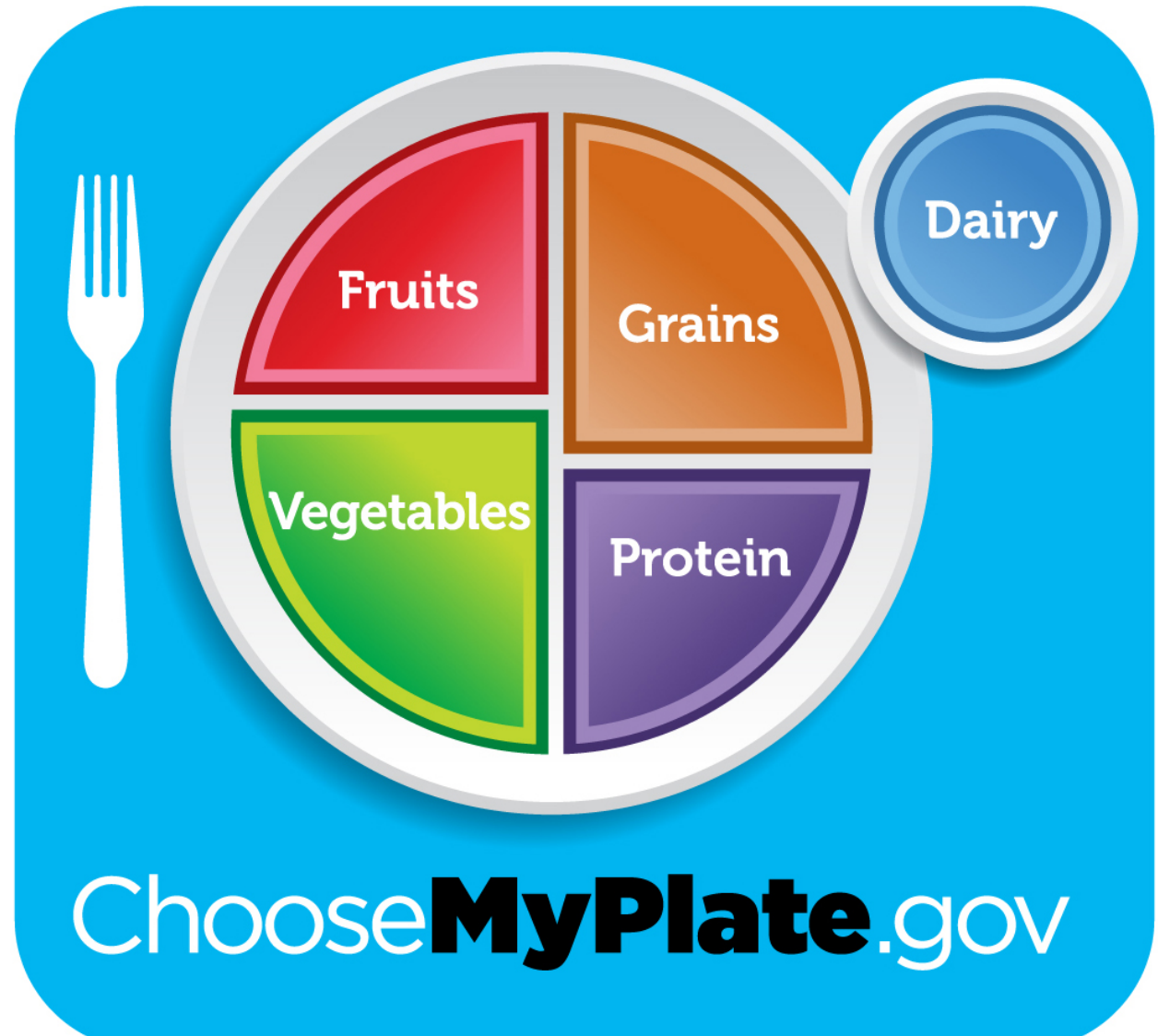
When is weight
loss considered
a healthy goal?





Weight loss and heart health

What should I
eat?



Vegetables and Fruits



Grains -
choose whole
grains



Protein



Healthy fats
instead of
trans-fats and
saturated fats



Decrease salt
intake





Simple swaps



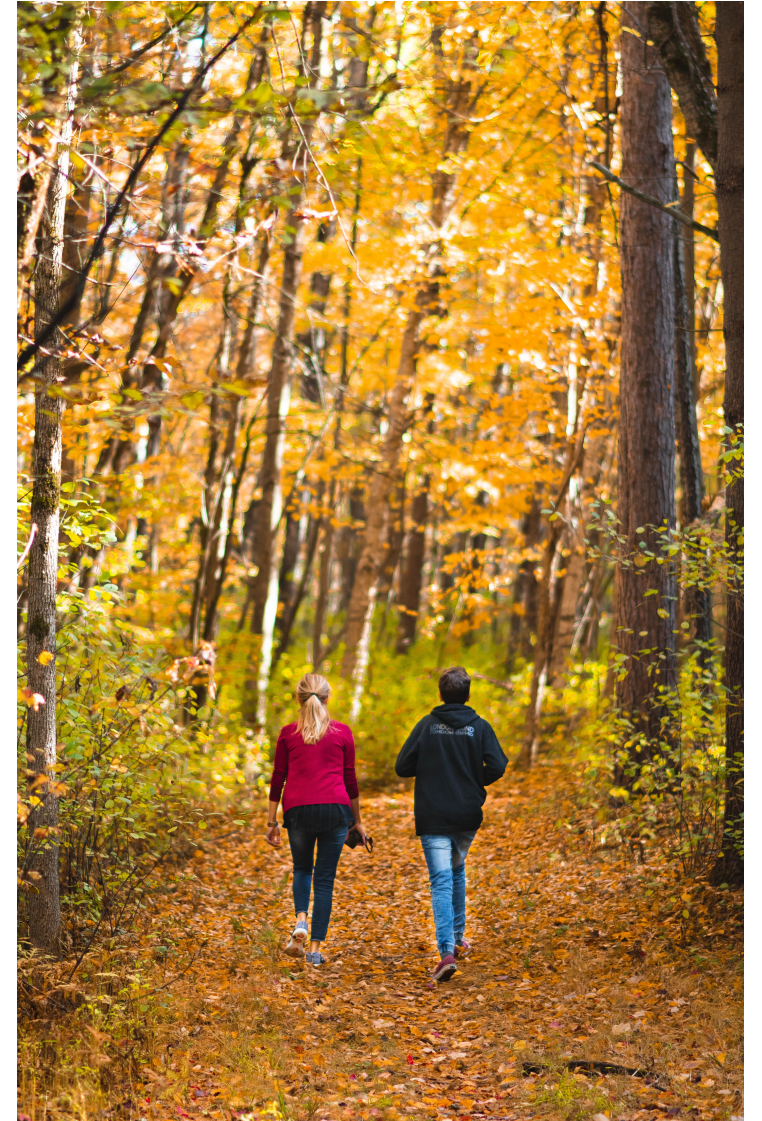
Simple swaps

What about
drinks?



Physical Activity

Key message: “Move more, sit less”



Many ways to
move



Quit tobacco



Know Your Numbers

Blood Pressure (<120/<80)

LDL (<100)

HDL (> 60)

Fasting Blood Sugar (<100 mg/dL)

Triglycerides (<150)

Total cholesterol (<200)

One thing I plan
to do
differently
based on what I
learned today:

