

**Lifestyle Prescription- Heart Function Clinic**

**Weight:** weigh yourself daily

**Medication:** take medication every day as prescribed

**Exercise:** 30-45min of moderate aerobic exercise three to five days of the week. Take a break if

 you feel lightheaded or experience chest pain

 -gradual movement and/or small muscle group strength/ flexibility exercises if recently ill

**Diet**

 Mediterranean diet: whole grains, plant based, lean meats, unsaturated fats

 Salt : less than 1tsp/day (2grams)

 Fluids: 1.5-2L/day

**Smoking:** Quit/Don’t start

**Alcohol:**  Limit - maximum one drink per day or abstinence if alcohol related CHF

**Vaccinations**: annual flu vaccine, pneumococcal vaccine every 5-10 years- see GP

**Advanced Care Planning:** MyVoice.ca

