Follow these steps to maintain a healthy lifestyle during the COVID-19 outbreak. Connect with Mayo Clinic for up-to-date information on heart health and COVID-19: www.MayoClinic.org

**Eat More!**
Fruits and vegetables – at least 5 servings a day- and explore whole grains, plant proteins and healthy fats, such as olive oil.

**Eat Less!**
Limit processed and fried foods, foods and beverages with added sugars, high levels of sodium (salt) or saturated fat.

**Move More!**
Try new fitness routines online that you can do within your home or walk/run while maintaining physical distance from others.

**Listen To Your Provider!**
Follow recommendations, including medications and any special considerations related to your COVID-19 risk.

**Know Your Numbers!**
Aim for a healthy blood pressure and weight. If you have diabetes, check your blood sugar regularly.

**No Smoking!**
Do not smoke or use any other tobacco products!

**Stay Connected!**
Social distancing means “physical” distancing. Reach out to family members, friends and neighbors by phone or video chat.

**Know Signs And Symptoms for Heart Attack or Stroke!**
Seek medical attention immediately if you develop concerning symptoms.

**Ask Questions!**
Ask your healthcare provider for reliable information sources on COVID-19: mayoclinic.org/coronavirus-covid-19

**Give Thanks!**
We all have something to be grateful for despite this challenging time.