



NAVIGATING
PACIFIC
HEARTS

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DIES AREKLO PARA MINAOLEK SALUT KURASON

TEN WAYS FOR A HEALTHY HEART

- 1. Tungo' atotgå-mu para chotnot kurason.**
Know your risk factors for heart disease.
- 2. Kuentuse i mediku-mu put para un na'takpapa' atotgå-mu para chotnot kurason.**
Talk to your doctor about lowering your risk(s) for heart disease.
- 3. Rikonosi i hinennño' hagá'-mu meggai biâhi gi i sakkan.**
Check your blood pressure several times a year.
- 4. Tungo' yan un komprende iyo-mu numiron kolestero' siha.**
Know and understand your cholesterol numbers.
- 5. Rikonosi i minames hagá'-mu para daibites.**
Check your blood sugar for diabetes.
- 6. Pâra chumupa sigariyu siha osino otro chupa ya suhâyi âson sigariyu ginen otro.**
Stop smoking cigarettes or tobacco and avoid secondhand smoke.
- 7. Kânno' minaolek nengkanno' para un prutehi i kurason-mu.**
Eat healthy to protect your heart.
- 8. Etsisio kâsi trenta asta kuarentai singko minutos gi ha'âni.**
Exercise at least 30-45 minutes per day.
- 9. Mantiene minakkat maolek salut.**
Maintain a healthy weight.
- 10. Tungo' i siñât siha put atâken kurason pues âgang 9-1-1 ensigidas.**
Know the signs of a heart attack and call 9-1-1 right away.

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