Founga ‘e 10 Te ke Ma’u ai ha Mafu Mo’ui Lelei
Ten Ways for a Healthy Heart

1. ‘Ilo ho’o tu’unga tu’utāmaki ki he mahaki mafu’.  
Know your risk factors for heart disease.

2. Talanoa mo ho’o toketaa’ ki ha ngaahi founga ke fakasi’isi’i ai ‘a ho’o tu’unga tu’utāmaki ki he mahaki mafu’.  
Talk to your doctor about lowering your risk(s) for heart disease

3. Toutou fua pe sivi ho’o tu’unga toto’ pe ‘oku ma’olunga.  
Check your blood pressure several times a year.

4. ‘Ilo’i pea mo mahino’i ho’o tu’unga fua kolesitulolo’.  
Know and understand your cholesterol numbers.

5. Vakai pe sivi ‘a e tu'unga suka ‘i ho toto’ ke vakai pe ‘oku’ ke suka.  
Check your blood sugar for diabetes.

6. Ta’ofi ‘a e ifi sikaleti’ pea feinga ke fakamama’o mo faka’ehi’ehi mei he ‘ahu ‘o e sikaleti’.  
Stop smoking cigarettes or tobacco and avoid secondhand smoke.

7. Kai ‘a e me’akai fakatupu mo’ui lelei’ ke malu’i ho mafu’ mei ha fa’ahinga mahaki.  
Eat healthy to protect your heart.

8. Fakamalohisino ha miniti ‘e 30-45 he ‘aho kotoa pē.  
Exercise at least 30-45 minutes per day.

9. Tauhi ha sino mo’ui lelei ‘o ‘oua ‘e fu’u sino.  
Maintain a healthy weight.

10. ‘Ilo ‘a e ngaahi faka’ilonga ‘o e mahaki mafu’ mo e tu'u fakafokifā ‘o e tā ‘a e mafu’ pea ke tā ki he 9-1-1 he vave taha’ ‘o ka hoko eni kiate koe.  
Know the signs of a heart attack and call 9-1-1 right away.

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Famili Pe Taha