

**Congratulations on completing the program and for making a commitment to a heart-healthy lifestyle!  
Please keep this on your fridge or somewhere you can see it easily.**

## HEALTHY HEART MANAGEMENT ZONES

### GREEN ZONE (ALL CLEAR)

- **Symptoms:** Feeling well, not having any cardiac symptoms.
- **Physical activity:** Aim to exercise regularly at moderate to vigorous intensity, working toward 20 to 60 minutes, three to five times each week.
- **Nutrition:** Eating a variety of heart-healthy foods.
- **Managing emotions:** Having a good sense of balance between your personal and work life, the ability to find time to relax and the use of your stress management techniques.
- **Sleep and rest:** Satisfied with sleep and feeling rested.
- **Medications:** Understanding and taking your medications regularly.
- **Smoking:** Remaining smoke-free, managing cravings.

#### If you are in the Green Zone:

- Keep up the good work. You are on track with your heart-healthy lifestyle.
- Continue to follow your plan.
- Collaborate with your healthcare team.

### YELLOW ZONE (CAUTION!)

- **Symptoms:** Feeling some chest pain, shortness of breath or other discomfort, but not sure if it is your heart.
- **Physical activity:** Less than 20 to 60 minutes, three to five times each week.
- **Nutrition:** Eating mostly heart-healthy foods but still not sure what is best.
- **Managing emotions:** Feeling a loss of control and pre-occupation with challenging or difficult thoughts and emotions.
- **Sleep and rest:** Sleep disrupted, frequent awakenings, finding it hard to fall asleep some nights.
- **Medications:** Occasionally not taking medication.
- **Smoking:** Struggling with cravings, occasionally using tobacco.

#### If you are in the Yellow Zone:

- Contact your family doctor if you are concerned about your symptoms.
- Try a Heart Wise Exercise program at [heartwise.ottawaheart.ca](http://heartwise.ottawaheart.ca) to help you stay physically active.
- Attend free nutrition workshops (visit the workshop calendar: [www.ottawaheart.ca/events-calendar](http://www.ottawaheart.ca/events-calendar)).
- Consider taking part in a stress management program (visit calendar link above, or seek resources in your community).
- Ask your pharmacist to help you understand your medications (including how to deal with side effects).
- Contact the Quit Smoking Program at 613-696-7069.

### RED ZONE (ALERT!)

- **Symptoms:** Feeling new angina or unrelieved heart symptoms, even with rest.
- **Physical activity:** Not exercising regularly.
- **Nutrition:** Struggling to eat a variety of heart-healthy foods.
- **Managing emotions:** Feeling agitated, impatient, overwhelmed and/or short-fused. You may find that you are also feeling anxious or depressed.
- **Sleep and rest:** Sleep is significantly disrupted, you are not feeling rested during the day and you're waking up often and having great difficulty falling asleep.
- **Medications:** Not taking medications as prescribed.
- **Smoking:** Still smoking, you are unable to quit.

#### If you are in the Red Zone:

- If you have coronary artery disease and have been advised to use nitroglycerin spray, please follow the directions as prescribed by your doctor.
- If you're feeling unrelieved cardiac symptoms, call 911. You need immediate medical attention.
- If you're having a tough time staying on track with your exercise or nutrition, or if you're still smoking, talk to your family doctor about programs or support groups in the community that might be helpful.
- Consult with your family doctor or your cardiac rehab team for advice about reducing and managing your stress.

## NOTES

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