



**You can save your own life...  
know your numbers and take action to  
decrease your risk of heart disease and stroke!**



**THE OHIO STATE  
UNIVERSITY**

Office of the Chief  
Wellness Officer



**NATIONAL FORUM**  
FOR HEART DISEASE & STROKE PREVENTION



**OHIO  
MAYORS  
ALLIANCE**

To see a nurse practitioner,  
call **614-685-9994** or  
visit [nursing.osu.edu/thw](http://nursing.osu.edu/thw)  
for the College of Nursing's  
Total Health and Wellness

To see a cardiologist,  
call **614-293-7677**  
or visit  
[wexnermedical.osu.edu/heart](http://wexnermedical.osu.edu/heart)  
for the Richard M. Ross  
Heart Hospital



**THE OHIO STATE  
UNIVERSITY**

Office of the Chief  
Wellness Officer



### Water

11 eight ounce glasses  
per day for women,  
15 for men



### Fruits/Veggies

At least 5 servings per day



### Sleep

At least 7 hours  
per night



### Alcohol

If you don't drink, don't start;  
otherwise no more than 1  
per day for women, 2 per  
day for men



### BP/Stress

Blood Pressure: 120/80  
Stress reduction (i.e. yoga,  
deep breathing, positive  
thinking, practice gratitude)



### Physical Activity

150 minutes per week  
(30 minutes a day, five days  
a week — including flexibility  
and strength training)



### Tobacco

None



### Cholesterol

Under 200 total; have your  
primary care provider check  
your ratio