

## EMPLOYEE TRAINING RECORD

**TRAINING TITLE**      You Can Reduce Your Risk of Heart Attack

### KEY TEACHING POINTS

**DON'T SMOKE**

- It doubles your heart attack risk, but after you stop, your risk drops to nonsmokers' level.

**EAT A HEALTHY DIET**

- Choose nutritious foods low in cholesterol and saturated fat.
- Say "yes" to fresh fruits and vegetables, whole grains, low fat and nonfat dairy products, steamed, boiled and baked foods.
- Say "no" to fatty spreads and cooking oils, empty "junk food" calories, fried food, creams, and gravies.
- Use less salt, check sodium content on package labels.
- Minimize alcohol intake.

**EXERCISE**

- Find a form of exercise you enjoy; do it regularly (after consulting your doctor).
- Walk whenever possible.

**REDUCE STRESS**

- Identify, and try to minimize, your stress sources.
- Learn stress management techniques.

**DON'T IGNORE HEART ATTACK SYMPTOMS**

- Go to a hospital immediately for chest pain that lasts more than 10 minutes or if rest doesn't get rid of pain that radiates to the left shoulder, arm, back, teeth and/or jaw.

### TEST

QUESTION	ANSWERS	
	TRUE	FALSE
1 If you stop smoking your risk of heart attack drops to nonsmokers' levels.	<input type="checkbox"/>	<input type="checkbox"/>
2 Choose nutritious foods low in cholesterol and saturated fat.	<input type="checkbox"/>	<input type="checkbox"/>
3 Walk whenever possible.	<input type="checkbox"/>	<input type="checkbox"/>
4 Learn stress management techniques.	<input type="checkbox"/>	<input type="checkbox"/>
5 Go to the hospital immediately for chest pain that lasts more than 10 minutes or if rest doesn't get rid of pain that radiates to the left shoulder, arm, back, teeth and/or jaw.	<input type="checkbox"/>	<input type="checkbox"/>
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE

1. True 2. True 3. True 4. True 5. True