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# The Healthy Heart Miracle Personal Roadmap

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To download Personal Roadmap forms, go to **[www. healthyheartmiracle.com](http://www.healthyheartmiracle.com)**.

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For more information refer to *The Healthy Heart Miracle* by Dr. Gabe Mirkin.  
Available at bookstores everywhere and at Amazon.com. ISBN 0-06-019680-7



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Overview: If you are . . .	This is me Yes or No
 <p><b>At the Edge of a Cliff</b></p> <ul style="list-style-type: none"> <li>• Follow DASH Plus guidelines strictly, every day</li> <li>• Use “The 19 Meals for Dr. Gabe Rule” as seldom as possible</li> </ul> <p><b>GOAL:</b> move toward</p>	
 <p><b>Seeing Warning Signs</b></p> <ul style="list-style-type: none"> <li>• Follow DASH Plus guidelines reasonably closely</li> <li>• Use “The 19 Meals for Dr. Gabe Rule” liberally as long as you are progressing toward your goals</li> </ul> <p><b>GOAL:</b> move toward</p>	
 <p><b>Healthy and Want to Stay That Way</b></p> <ul style="list-style-type: none"> <li>• Choose DASH Plus foods often</li> <li>• Eat whatever else you like as long as your weight remains stable</li> <li>• Exercise regularly and vigorously</li> </ul> <p><b>“The more you move, the more you can eat”</b></p>	

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## The Healthy Heart Miracle Personal Roadmap



### FITNESS STRATEGIES—BEGINNER

**NOTE:** BE SURE TO CHECK WITH YOUR DOCTOR OR HEALTHCARE PROVIDER BEFORE BEGINNING AN EXERCISE PROGRAM.

	NEED TO DO	ALREADY DONE	DOES NOT APPLY TO ME
Measure myself—BMI, Waist/Hip Ratio, and Inch of Pinch Test ( <i>see Week 1</i> )			
Assess my fitness level ( <i>see Week 1</i> )			
Choose at least one activity or sport from list ( <i>see Week 2</i> )			
Work up to 30 minutes sustained activity in my chosen sport ( <i>see Week 2</i> )			
Keep a daily journal to track my progress (time, intensity, days off, any injuries, etc.) ( <i>see Worksheet</i> )			
Warm up and cool down each time I work out ( <i>see Week 5</i> )			
Stretch after muscles are warmed up ( <i>see Week 5</i> )			
Begin or continue weight-training program ( <i>see Week 6</i> )			
Try a new sport or activity ( <i>see Weeks 2 and 8</i> )			
Join a club, class, or group activity for exercise			
Buy the piece of exercise equipment I have selected and tried ( <i>see Worksheet</i> )			
Make my program more fun			
Find and involve AT LEAST ONE DASH Plus partner—spouse, other family member, friend—in my fitness program, food program, or both			

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### FITNESS STRATEGIES—EXPERIENCED EXERCISERS

**NOTE:** BE SURE TO CHECK WITH YOUR DOCTOR OR HEALTHCARE PROVIDER BEFORE BEGINNING AN EXERCISE PROGRAM.

	NEED TO DO	ALREADY DONE	DOES NOT APPLY TO ME
Keep a daily journal to track my progress (time, intensity, days off, any injuries, etc.) ( <i>see Week 2</i> )			
Maintain my current program with hard and easy days ( <i>see Week 2</i> )			
Increase number of session/days per week? ( <i>see Week 3</i> )			
Increase distance? ( <i>see Week 3</i> )			
Start interval training program ( <i>see Week 7</i> )			
Add another sport or change sports based on questionnaire ( <i>see Worksheet</i> )			
Start or increase a weight-training program ( <i>see Week 6</i> )			
Join a new club, group, or class related to my existing program or a new sport ( <i>see Week 3</i> )			
Make my program more fun ( <i>see Week 3</i> )			
Train for/begin/increase program for races, games, competition			
Find and involve at least one DASH Plus partner			

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### FOOD STRATEGIES

	NEED TO DO	ALREADY DONE	DOES NOT APPLY TO ME
Clean out kitchen/keep it temptation free! ( <i>see Week 1</i> )			
Stock cupboards and freezer with DASH Plus foods ( <i>see Worksheet</i> )			
Try new DASH Plus recipes each week			
Buy a countertop steamer to make preparing whole grains and vegetables easier ( <i>see Week 4</i> )			
Find and eat at DASH Plus–friendly restaurants ( <i>see Week 6</i> )			
Patronize food stores and restaurants that offer healthful choices (vote with your dollars) ( <i>see Week 6</i> )			
Share recipe success with others (have a party, trade, and share leftovers)			
Find and involve AT LEAST ONE DASH Plus partner—spouse, other family member, friend—in my Fitness program, Food program or BOTH			

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## SPECIFIC FOOD STRATEGIES

	HIGH BLOOD PRESSURE	HIGH LDL	LOW LDL/ HIGH TRIGLYCERIDES	DIABETIC	OVERWEIGHT	HEALTHY AND I WANT TO STAY THAT WAY	CHECK ALL THAT APPLY TO ME
Eat a wide variety of foods from the DASH Plus Food Lists <i>(see Food Lists)</i>	Yes	Yes	Yes	Yes	Yes	Yes	
Avoid refined carbohydrates (foods made with flour, white rice, milled corn) <i>(see Week 2)</i>	Yes		Yes	Yes	Yes		
Limit refined carbohydrates <i>(see Week 2)</i>		Yes				Yes	
Eat fruits and root vegetables only with other foods, not alone or as snacks <i>(see Week 3)</i>			Yes	Yes	Yes		
Avoid partially hydrogenated oils (trans fats) <i>(see Week 5)</i>	Yes	Yes	Yes	Yes	Yes	Yes	
Avoid saturated fats <i>(see Week 5)</i>	Yes	Yes			Yes		
Limit saturated fats <i>(see Week 5)</i>			Yes	Yes		Yes	
Get “good fats” in whole grains, beans and other seeds, seafood <i>(see Week 5)</i>	Yes	Yes	Yes	Yes	Yes	Yes	
Eat plenty of leafy greens and other vegetables <i>(see Week 2)</i>	Yes	Yes	Yes	Yes	Yes	Yes	

**YES**

### HOW TO USE THIS CHART

Shaded boxes note actions that you should take for various health conditions. To determine which food strategies you need to take, select those conditions that apply to you on the top of the chart and read down the column for specific suggestions.



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## OTHER STRATEGIES

	NEED TO DO	ALREADY DONE	DOES NOT APPLY TO ME
Stop smoking ( <i>see Week 8</i> )			
For morbid obesity (over 100 pounds)—Consult with your doctor or healthcare provider ( <i>see Week 8</i> )			
For chronic inflammation or infection—Consult with your doctor or healthcare provider			
For depression or panic attacks—Consult with your doctor or healthcare provider			
For any other major health issues—Consult with your doctor or healthcare provider			
Recheck abnormal blood tests (check with your doctor for schedule)			
Monitor/log blood pressure daily/weekly/monthly/yearly ( <i>see Week 4</i> )			
Monitor/log weight loss efforts weekly/monthly/yearly			
Monitor/log weight maintenance monthly/yearly			
Monitor and log muscle gain efforts weekly/monthly/yearly			
Pursue stress-reducing activities _____ _____ _____			

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### Healthy Heart Strategies for a Loved One

If you are basically healthy but are working to help a loved one (spouse, partner, child, parent, sibling, coworker, friend, etc.), think of yourself as a coach.

Don't try to teach or direct the other person. **DO THINGS TOGETHER!** What's good for him or her will also be good for you. Concentrate on the Fitness and Food sections in the Personal Roadmap with the other person in mind.

	NEED TO DO	ALREADY DONE	DOES NOT APPLY TO ME
<p><b>Food Priority Coaching</b></p> <p>Do you prepare this person's food?</p> <p><input type="checkbox"/> Yes—If yes, go back and use the Personal Roadmap Food Strategies and Specific Food Strategies (see pages 171–172)</p> <p><input type="checkbox"/> No—If no, continue ↓</p>			
<p>If you both live in the same home, but you don't prepare the food:</p> <ul style="list-style-type: none"> <li>• Volunteer to shop and cook, then start to introduce DASH Plus food and recipes</li> <li>• Find DASH Plus–friendly food sources— Asian markets, restaurants, etc. (<i>see Week 1</i>)</li> </ul>			
<p>If you don't live together, there may not be much you can do to influence food choices but</p> <ul style="list-style-type: none"> <li>• Buy "healthy" lunches and snacks to share occasionally</li> <li>• Enlist other friends/coworkers to set good examples</li> <li>• Find carry-out restaurants with good food choices</li> <li>• Set up a "recipe" buddy system where you each try out new DASH Plus recipes, divide in half, and swap recipes</li> </ul>			
<p><b>Fitness Priority Coaching</b></p> <p>Plan, schedule, carry out all beginner Fitness Program activities together (see beginner's list on page 169).</p> <ul style="list-style-type: none"> <li>• When you walk, jog, cycle, or work out together, you bring the healthy snacks.</li> <li>• Use the "beginner" or "experienced" Personal Roadmap Worksheets and make notes of ways to make sure each step is followed.</li> <li>• Cater to his/her interests and needs.</li> </ul>			

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