



American Heart Association.



WELCOME

2026 Anchorage Go Red for Women Luncheon



Go Red for Women is nationally sponsored by



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WELCOME

from the Chair

April Park

Dear Go Red for Women supporters,

Thank you for joining us today and for standing united in support of women's heart and brain health. Together, we are raising awareness of the No. 1 killer of women—cardiovascular disease—and fueling the lifesaving research and initiatives that will change lives for generations to come. Your presence and commitment truly make a difference for women here in our community and across the nation.

What inspires me most is the impact the American Heart Association is making right here in Alaska. Thanks to generous support from our CPR in Rural Alaska donors, we're providing CPR & First Aid Anywhere and CPR Anytime kits to remote communities—empowering residents to learn and share lifesaving skills. Through our partnership with the State of Alaska, clinics statewide are improving blood pressure control, with 22 partners reporting data last year and one-third achieving control rates of 70% or higher. We're also strengthening nutrition security by supporting food banks like Bread Line, Inc. in Fairbanks and the Upper Susitna Food Pantry as they expand their ability to store and distribute fresh produce. And with support from the Mat-Su Health Foundation, we're helping more than 15 local organizations develop cardiac emergency response plans and providing critical tools like AEDs and CPR kits. Together, these efforts are ensuring communities across Alaska have the resources and skills to save lives.

We all know that women are often the leaders, caregivers, and driving forces within their families and communities. When we protect and support their health, we ensure the well-being of everyone around them. With the dedication of volunteers and the generosity of donors like you, Go Red for Women continues to improve the lives of women and the families who depend on them.

When given the opportunity today, I hope you'll join me in giving generously to this lifesaving movement.

With gratitude,
April Park
Chief Operating Officer, Alaska Heart & Vascular Institute
2026 Anchorage Go Red for Women Chair



BREAKOUT SESSIONS

9:15 AM - 10:00 AM

Office Chair Yoga
Hosted by the Alaska Club

SPONSORED BY



10:15 AM - 11:00 AM

Healthcare Innovation:
AI and Technology Transforming Patient Care

SPONSORED BY



From AI-powered scribes to virtual nursing and remote monitoring, this session will discuss how healthcare systems are investing in cutting-edge technology to revolutionize patient care and address critical industry challenges.

Session Speakers

Carrie Peluso, DNP, APRN, ACNS-BC, FAONL, FCNS
Szilvia Salamon, M.D.

10:15 AM - 11:00 AM

Total Eclipse of the Heart:
Shedding Light on Your Hidden Risks

SPONSORED BY



This session highlights the hidden cardiovascular risks women face across every life stage, discuss powerful biomarkers like ApoB and Lp(a), and provide a tangible heart-health "blueprint" using the Heart Association's risk calculator.

Session Speaker

Linda Ireland, D.O., MBA, FACC

SCHEDULE OF EVENTS

8:30 AM Registration, Expo, and Breakfast Opens

9:15 AM - First Breakout Session

10:00 AM Office Chair Yoga

Sponsored by Providence Imaging Center

10:15 AM - Breakout Session

11:00 AM Healthcare Innovation:

AI and Technology Transforming Patient Care

Presented by Providence

Breakout Session

Total Eclipse of the Heart:

Shedding Light on Your Hidden Risks

Presented by Alaska Heart and Vascular Institute

10:30 AM Breakfast Ends

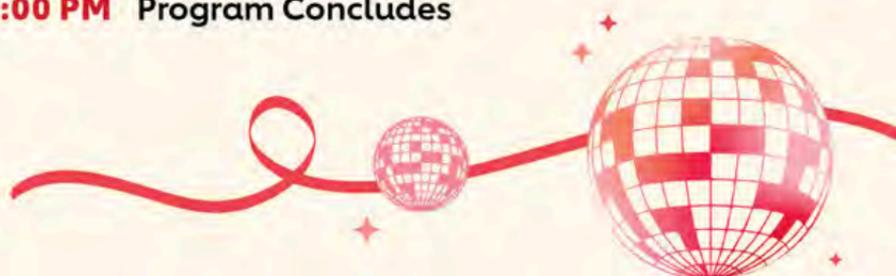
11:15 AM Ballroom Opens

Silent Auction Closes

11:30 AM Program Begins

12:30 PM Panel Discussion Begins

1:00 PM Program Concludes





American
Heart
Association.

American Heart Association.



2026 Anchorage Go Red for Women Luncheon

MENU



Main Course

Roasted Citrus Chicken Mixed Green Salad

Roasted citrus marinated chicken served over mixed greens with grape tomatoes, goat cheese & crostini, garnish with roasted pears served with poppy seed and balsamic dressing

Dessert

**Low-fat Panna Cotta
Garnished with Strawberries**



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THANK YOU TO OUR 2026 Sponsors

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TAKE ACTION SPONSORS



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MEDIA SPONSORS





American Heart Association.

Cor Vitae Society

The Cor Vitae Society is the annual philanthropic giving society of the American Heart Association. An exceptional community of individuals, Cor Vitae Society members are united by a determination to ease the burden of cardiovascular diseases and stroke. Our goal is to provide meaningful experiences to recognize and engage such distinguished and generous supporters.

Cor Vitae Society Members

Donors who have gave over \$5,000+ are bolded in red.

Dave & Rachel Cavitt

Lucretia & Robert Craig

Kari Ellsworth

Ella & Brook Goss

Grace Greene

Stacee Frost Kleinsmith

Tim & Jennifer Schrage

Memberships Listed as of 2/1/20



Circle of Red®

Circle of Red are individuals who champion the fight against heart disease and stroke in women. They use their influence, generosity and passion to help save and improve lives. They are the heart of our mission.



Circle of Red Chair

Tess Dey

2026 Circle Of Red Members

Donors who give \$2,500+ are recognized in red.

Angie Astle

Leslie Baker

Patricia & Mac Carey

Joey Caterinichio

Arlene Dey

Tess Dey

Raquel Edelen

Devin Finch

Kristin George

Marietta Hall

Margaret Horvath

Coral Howe

Allison Iversen

Margaret Janke

Tabitha Karpow

Stacey Frost Kleinsmith

Jennifer Meyhoff

Corinna Muller

April Park

Jay & Akta Patel

Melissa Reiser

Ingrid St. John

Cinderella Tollefsen

Kate Weisler

Andrea Witte

2025 Circle Of Red Members

Angie Astle

Tess Dey

Raquel Edelen

Devin Finch

Marietta Hall

Margaret Horvath

Stacey Frost Kleinsmith

Corinna Muller

April Park

Jay & Akta Patel

Melissa Reiser

Sherrie Simmonds

Tim & Jennifer Schrage

Cinderella Tollefsen

Kate Weisler

Andrea Witte

Membership Listing as of 2/7/26

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OPEN YOUR HEART

Nearly 45% of women ages 20 and older are living with some form of cardiovascular disease.

Go Red for Women's Open Your Heart donations help the American Heart Association protect the health of future generations. These unrestricted funds are the foundation of our mission—allowing us to advance groundbreaking scientific discovery while strengthening community health across the nation.

This year, Open Your Heart support fuels four critical areas of work:

QUALITY OF LIFE

We are committed to ensuring every person has the opportunity to live a longer, healthier life—regardless of ethnicity, income, education or ZIP code. Our programs focus on addressing health barriers and creating equitable access to care, prevention and education.

A HEALTHIER, LONGER LIFE BEGINS AT BIRTH

Every child deserves a healthy start. We support research, outreach, and advocacy to help children born with congenital heart defects survive, thrive, and enjoy long, healthy lives.

SCIENCE ADVANCEMENT

We invest in cutting-edge research to stay at the forefront of global advancements in cardiovascular science. The discoveries made today will transform the lives of millions tomorrow.

EVERYONE CAN BE A LIFESAVER

As the nation's leader in resuscitation science and CPR training, we empower communities to take lifesaving action when every second counts. Through high-quality CPR education, hands-on simulations, advocacy, and public awareness, we equip people, patients, and healthcare providers with the skills and confidence to respond effectively in cardiac emergencies and save lives.

GO RED FOR WOMEN

Executive Leadership Team

2026 Go Red for Women Chairperson

April Park

Chief Operating Officer
Alaska Heart & Vascular Institute



Aja Rehrig, *Bore Tide Consultants*

Angie Astle, *Chugach Alaska Corporation*

Cinderella Tollefsen, *Alaska Health Services*

Grace Greene, *LifeMed Alaska*

Jennifer Rafferty, *Alliant Employee Benefits*

Margaret Horvath, *Providence Alaska Medical*

Margaret Janke, *Sadler's Home Furnishings*

Melissa Reiser, *First National Bank Alaska*

Sabrina Kern, *Salon Demetri*

PAST GO RED FOR WOMEN CHAIRPEOPLE

With the help of these dynamic women, the Anchorage Go Red for Women movement has been able to support over \$2.5 million in community impact.

2025 *Grace Greene*

2024 *Ella Goss*

2023 *Cinderella Tollefsen*

2022 *Ella Goss*

2021 *Anna Gould*

2020 *Julie Taylor*

2019 *Lori McCaffery*

2018 *Karen Turner*

2018 *Lynn R Henderson*

2017 *Diane Lada*

2016 *Kelli McGee*

2015 *Christle Artuso*

2014 *Marilyn Romano*

2013 *Juna Penney*

2012 *Jennifer Meyhoff*

2011 *Kristi Acuff*

2010 *Stephanie Monahon*

2009 *Janelle Pfeleger*

Go Red for Women

★ AMBASSADORS ★



Health is deeply personal—often confusing and at times isolating. And due to gaps in research, treatment and funding, women have long been overlooked and underserved. But there is one powerful resource women can always rely on: each other. Women turn to other women for knowledge, encouragement, and inspiration. By strengthening and expanding this network of support, we can harness the power of community to create better health outcomes for all women.

Let's Go Red, together.

Ambassador Sponsor



MEET OUR AMBASSADORS

April Park

2026 Go Red for Women Chairperson



Hannah Kelley

AFIB Survivor

Kyrstyn Kelly

Congenital Heart Disease Survivor



Malia Teixeira

Heart Disease Survivor

Ambassador Sponsor



The of Alaska

Comprehensive, personalized
heart care.

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The Sadler's Lady



Lynden proudly joins the
American Heart Association in
the fight against cardiovascular
disease by supporting the
Go Red for Women initiative.



We are proud to
support the American
Heart Association
and its mission to
be a relentless force
for a world of longer,
healthier lives.



WE PUT **HEART** INTO ALL WE DO

Offering comprehensive cardiovascular care in
Alaska for more than 25 years.

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American
Heart
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American Heart Association.



ALASKA
HEART &
VASCULAR
INSTITUTE

The heart of a healthy community

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alaskaheart.com



Proud to Sponsor

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American Heart Association.



**Proud to support
Go Red for Women**

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with you every mile.

Taking time to explore your wellbeing is time well spent. Thank you to the American Heart Association for helping raise awareness of women's heart health.



Alaska
AIRLINES

Adivo

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**ALASKA'S FIRST ON-DEMAND
TASKING PLATFORM**



Adivo is a technology platform connecting individuals and households with local service providers for everyday tasks through real-time matching.

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Anchorage Go Red for Women

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We are dedicated to caring
for you & your heart



ALASKA REGIONAL
HOSPITAL

Proud supporter of the American Heart Association



BBNC is a proud sponsor of the American Heart Association's Go Red for Women.



Kaladi Brothers Coffee

IS PROUD TO SUPPORT

**GO RED
FOR WOMEN**



CATALYST FOR COMMUNITY

LifeMed
ALASKA



Grounded in Care, Soaring in Support!

*Proudly supporting Go Red for Women
in the quest for women's heart wellness*

lifemedalaska.com

Chugach Alaska Corporation
proudly wears our heart on our sleeve
as a 2026 Go Red for Women sponsor



Take Heart
ALASKA



Angie
Aistle
Chugach's
CFO & EVP

Stroke
Survivor



American Heart
Association (AHA)
Ambassador

and

we're proud to support AHA's
mission to advance women's
heart health

Proud to support Go Red for Women!

Ready for a healthy fresh start?
Alaska has programs to help
meet your health goals, often
for no or low cost, including
Alaska Department of Health's

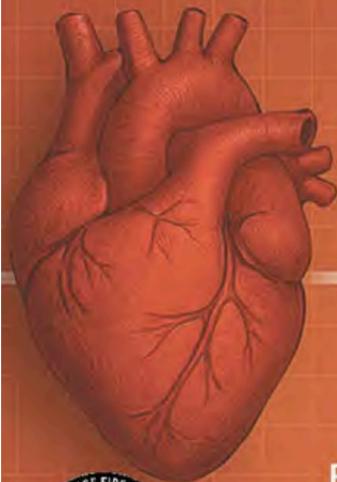
Fresh Start campaign



ANCHORAGE FIREFIGHTERS

SERVING THE COMMUNITY

BEFORE, DURING, AND AFTER THE EMERGENCY SINCE 1957.



CPR

SAVES LIVES

PROUD SPONSOR OF THE
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and
GO RED FOR WOMEN



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Go Red For Women

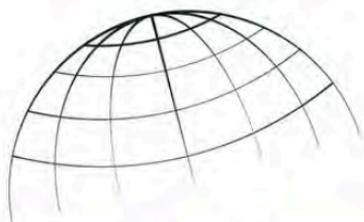
Making a difference one day at a time.



alyeskapipline.com

"Dogs can walk for heart health, too!" - Bodhi the Dog





ELLSWORTH FOUNDATION

**PROUD TO SUPPORT
GO RED FOR WOMEN AND
THE AMERICAN HEART ASSOCIATION**



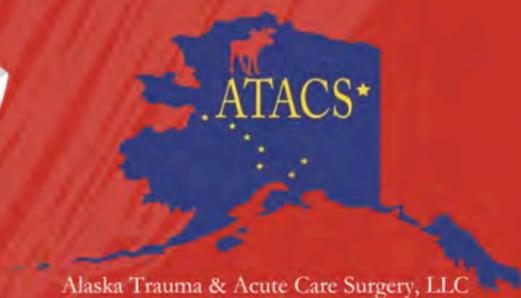
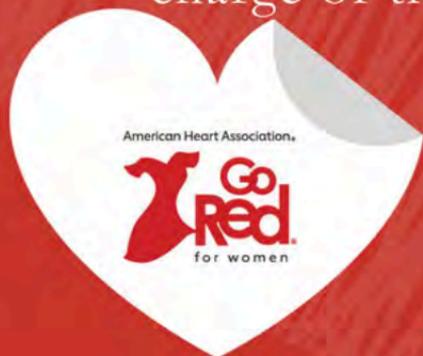
**American
Heart
Association.**

American Heart Association.



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"We are proud to support Go Red for Women and their mission to raise awareness about heart disease. Through our partnership, we are committed to promoting heart health and empowering women to take charge of their well-being."



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American Heart Association.



Our organization takes immense pride in endorsing and supporting the "Go Red for Women" campaign, aimed at combating heart disease.

ALASKA HEALTH SERVICES, LLC

HEALTHCARE MANAGEMENT SOLUTIONS

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American Heart Association.

Live Fierce™
Take Action



The First Responder Could Be **YOU**

IN AN EMERGENCY, EVERY MINUTE COUNTS.

Cardiac arrest can happen anytime, anywhere. You don't need to be a medical professional to learn CPR. You need knowledge. You need courage. And to know that in these few selfless minutes, you hold the power to make every future moment possible for someone else.

Be ready. Learn CPR.
Visit heart.org/nation



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Foss Family Foundation



Thank you to the Anchorage Fire Department, representing all first responders in Alaska.

BUILDING A NATION OF LIFESAVERS

The Kids Heart Challenge and American Heart Challenge are service-learning based fundraising programs that give students the opportunity to feel good, while doing good. It's a way for students to better their lives — all while changing someone else's.



Raise funds to help kids with special hearts



Support the social, emotional, and physical health of your students, families and staff



Acquire the lifesaving skill of Hands-Only CPR

Join schools across the country in building a nation of lifesavers as we work to end heart disease and stroke!

Learn Hands-Only CPR. Save a Life.

90% of people who suffer an out-of-hospital cardiac arrest don't survive. Immediate Hands-Only CPR can double — even triple — a person's chance of surviving cardiac arrest.

By completing Finn's Mission

students, staff and families learn the lifesaving skill of Hands-Only CPR, creating a legacy of lifesavers.



Call 911 if you see a teen or adult suddenly collapse.



Push hard and fast in the center of the chest.



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In Supporting the Anchorage School District's initiative to provide CPR education in 5th & 6th grade classrooms, the American Heart Association wants to thank the following organizations for their support:





American Heart Association.

KIDS | **AMERICAN**
HEART | **HEART**
CHALLENGE. | **CHALLENGE.**



JOIN IN

with schools across the country to build a community of lifesavers!

TEAM UP

with your American Heart Association partner to raise lifesaving funds and empower students to make healthy choices.

KICK OFF

with your school community, we'll be by your side.

SAVE LIVES

and celebrate the difference you and your students made in your community and beyond!



**SIGN
UP
TODAY!**

READY TO CHANGE AND SAVE LIVES?

Benefits include:



Educational resources on topics like teamwork, kindness, anti-vaping, positive thinking, sleep, STEM and physical activity.



Students will take on heart healthy challenges, earn volunteer hours, receive thank-you gifts and have the opportunity to apply for scholarships.



School perks include the ability to earn grant funding, wellness resources and equipment, direct givebacks and educator professional development.



Staff, students and families will learn how to make healthy lifestyle choices to improve their mental and physical well-being.



Creates campus engagement by bringing together your staff and students through a shared vision of building a community of lifesavers by learning Hands-Only CPR.



Turnkey and flexible program that can be completed in 2-4 weeks.

HEART.ORG/GETSTARTED

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FOR MORE INFORMATION ABOUT OUR SCHOOL PROGRAMS, CONTACT

TIFFANY LUND

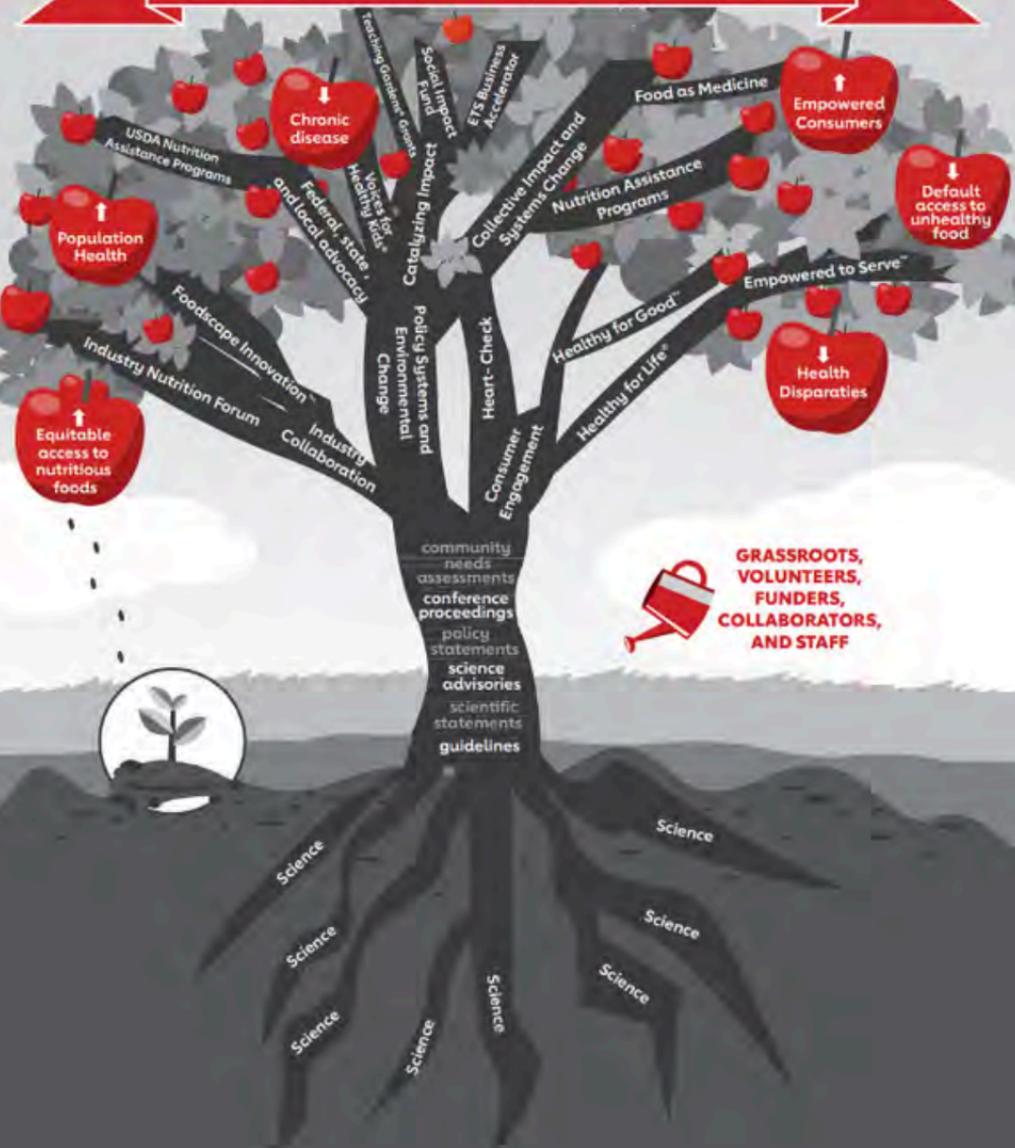
ALASKA DEVELOPMENT DIRECTOR SCHOOL ENGAGEMENT

M 907.306.8410

TIFFANY.LUND@HEART.ORG

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Growing equitable access to nutritious foods in our communities



Thank you for your support



YOU CAN TOUCH OUR HEARTS AND SAVE OUR LIVES.

Women are less likely to survive cardiac arrest outside of a hospital partly because people passing by are afraid to touch them. Brave heroes are fearless; they touch hearts and save lives.

Learn Hands-Only CPR.
Visit heart.org/cprheroes



American
Heart
Association.

Live Fierce™
Take Action

*Nation of Lifesavers
locally sponsored by:*





Hands-Only CPR



Join a Nation of Lifesavers today.

TWO STEPS TO SAVE A LIFE

1

Call 911.



2

Push hard and fast in the center of the chest.



**Know it. Feel it.
Push it. Keep it.**

Transforming a Nation of Bystanders into a Nation of Lifesavers.

heart.org

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American Heart Association



MAKING AN IMPACT:

22 Years of Go Red for Women®

Since 2004, the American Heart Association's signature women's initiative, Go Red for Women, has met the evolving health needs of women and addressed the awareness and clinical care gaps related to their greatest health threat: cardiovascular disease (CVD).

Cardiovascular disease does not discriminate, and it is not a one-size-fits-all issue. Heart disease and stroke unfairly target women, yet women have been historically left out of research, testing, treatment, and funding. Cardiovascular disease continues to be the No. 1 killer of women - claiming more lives than all forms of cancer combined. Nearly 45% of women over age 20 are living with some form of CVD. Additionally, during key life stages such as adolescence, pregnancy and menopause, females may experience unique events that can increase their risk for heart disease and stroke across their life course.

That's why Go Red for Women is meeting the health and wellness needs of women now, and at every age, every stage, and every season of their lives as their trusted, relevant source for credible health solutions. Thanks to the support from our funders, volunteers and champions, Go Red for Women is working to improve the heart and brain health of all women.

Thanks to the support from our funders, volunteers, and champions we are working to improve the heart and brain health of all women in the following ways:

Driving Forces for Impact



Research and Science

For too long, women have been underrepresented in research. In fact, less than 40% of cardiovascular research participants are women. Go Red for Women is funding critical, lifesaving research to address the unique risk factors and health needs of women.



Life Stages

As a woman ages, her risk for cardiovascular disease changes. Yet the majority of heart attacks and strokes can be prevented through lifestyle changes and education. Go Red for Women is committed to meeting the needs of women in every age, stage, and season of life.



Bridging the Gap

Cardiovascular disease is the No. 1 killer of women, yet women remain underdiagnosed and undertreated. From receiving bystander CPR to facing inequities in care, women deserve better. Go Red for Women is committed to closing gaps in access to care and championing community and support.

22 Years of Go Red for Women

2004-2005 Launching a Movement

How it started: Go Red for Women officially launches in 2004. Within a year, over 70 Go Red for Women Luncheons are held nationwide, raising \$7 million.

How it's going: Twenty years later, over 150 signature Go Red for Women events are held annually, collectively raising more than \$800 million for women's cardiovascular health.

2007 - 2013 Innovating to Meet Women's Needs

How it started: To help shine a spotlight on the real challenges women living with heart disease and stroke face, the Go Red for Women Class of Survivors campaign launches in 2008.

How it's going: Go Red for Women continues efforts to support women taking charge of their heart health through connection and storytelling and expanding our reach by creating a robust presence on social media, stepping into pop culture and advocating for public health policies for all women everywhere.

2016-2017 Empowering Future Leaders in STEM

How it started: STEM Goes Red launches to inspire young girls to pursue STEM careers, addressing a troubling issue around the underrepresentation of women in STEM fields.

How it's going: Today, STEM Goes Red is connecting young people to women leaders in science, technology, engineering, and math fields in more than 40 communities across the country.

2020-2023 Addressing Critical Needs

How it started: Go Red for Women broadens its focus to the different life stages women experience including pregnancy and menopause. A new peer-to-peer fundraising campaign, Woman of Impact, launches.

How it's going: Go Red for Women's "My Health is Our Health" campaign is raising awareness about the connection between pregnancy and cardiovascular disease. Go Red for Women and the Menopause Society are working together to help women better understand their cardiovascular disease risk during menopause. Woman of Impact now has close to 4,000 participants and raises more than \$7 million annually for cardiovascular disease research, programs and education.

2006 Going Global

How it started: In collaboration with the World Heart Federation, the first international Go Red for Women license is granted.

How it's going: Today, Go Red for Women is licensed in over 51 countries supporting over 55 sister societies. Licensees can develop their own women's heart health initiative and benefit from Go Red for Women's strong brand reputation and resources.

2014 Iconic Red Dress Collection

How it started: Go Red for Women begins hosting the iconic Red Dress Collection in February to kick off American Heart Month, bringing together powerful voices to amplify a singular message - cardiovascular disease is the No. 1 killer of women.

How it's going: This annual event where entertainment, fashion, health and philanthropy collide continues to generate billions of media impressions (4.1+ Billion in 2025) and drive public awareness and engagement. Over the years it has featured Shania Twain, Meghan Trainor, Sheryl Crow, Demi Lovato, and Sharon Stone.

2019 Engaging More Women in Research

How it started: Research Goes Red launches to increase the number of women participating in cardiovascular research with the goal of creating the world's largest and most engaged women's health research platform.

How it's going: Today, more than 24,000 women (about the seating capacity of Madison Square Garden) have participated, resulting in multiple scientific publications.

2024 and Beyond

The Go Red for Women Venture Fund launched in 2024 to help fill the massive gap in funding for women's health companies that translate science into real clinical action. This fund will invest in companies that focus first, or substantially, in improving women's cardiovascular health, brain health and related conditions, in alignment with the Association's mission and its signature Go Red for Women initiative.

Go Red for Women Brand Impact

A 2023 survey of the Go Red for Women database found that people found the brand to be relevant and trustworthy.

83%

Feel Go Red for Women is an initiative they like.

80%

Feel Go Red for Women represents a powerful community of women

80%

Feel Go Red for Women is a brand they can trust.

The Go Red for Women brand is inspiring change. 83% said they felt inspired, interested, enthusiastic, proud or excited when they see the Go Red for Women logo.

Investing in Women's Health

From large-scale research initiatives to community-based impact projects, the American Heart Association's commitment to women's heart health can be seen in communities coast to coast in a multitude of ways. Through our science, powerful voices, advocacy and policy, and grassroots reach, we are uniquely positioned to meet the needs of women now, and at every age, stage and season of life.

Below are some ways we invest donor dollars to specifically and uniquely advance women's health:



Research Network on Disparities in Maternal-Infant Health Outcomes

Designed to significantly advance researchers' and doctors' understanding of the factors underlying the disproportionate impact of maternal mortality and morbidity on Black women, Native American women and those living in rural areas.



Strategically Focused Research Network on Cardiovascular Kidney Metabolic Syndrome: Heterogeneity in Women

Cardiovascular Kidney Metabolic (CKM) Syndrome is a health disorder due to connections among heart disease, kidney disease, diabetes and obesity. The AHA's Strategically Focused Research Network on CKM aims to understand the diverse elements and contributing factors of the syndrome in women to improve prevention and treatment.



Research Goes Red

Launched in 2019, Research Goes Red is a consumer-facing platform designed to address the pervasive gap of women represented in cardiovascular research. It brings research opportunities directly to women so they can participate in simple surveys, test new tools and resources, enroll in clinical studies and more.



The Go Red for Women Venture Fund

Currently only 2% of venture funding goes to women's health. The Go Red for Women Venture Fund was established to invest in companies that are translating evidence-based science and clinical expertise into products and services to drive better health access and outcomes for women.

Go Red for Women is nationally sponsored by



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STROKE SYMPTOMS: WOMEN VS. MEN

Men and women share a common set of stroke symptoms.
But women also can experience more subtle warning signs.

WOMEN

- Face drooping 
- Arm weakness 
- Speech difficulty 
- Vision problems 
- Trouble walking or lack of coordination 
- Severe headache without a known cause 
- General weakness 
- Disorientation & confusion or memory problems 
- Fatigue 
- Nausea or vomiting 



MEN

- Face drooping 
- Arm weakness 
- Speech difficulty 
- Vision problems 
- Trouble walking or lack of coordination 
- Severe headache without a known cause 

F

FACE
DROOPING

A

ARM
WEAKNESS

S

SPEECH
DIFFICULTY

T

TIME
TO
CALL 911

Sponsored by:



Sources: American Stroke Association; Gender Medicine; Journal of Neuroscience-Nursing
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Improving and maintaining cardiovascular health, or CVH, can help you enjoy a longer, healthier life. Better CVH also has been associated with decreased risk for heart disease, stroke, cancer, dementia and other major health problems.

Life's Essential 8 outlines a few easy steps you can take to live a healthier lifestyle.

EAT BETTER

Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds and cooking in non-tropical oils such as olive and canola.

BE MORE ACTIVE

Adults should participate in 150 minutes of moderate or 75 minutes of vigorous physical activity. Walking is great for moderate levels of activity. Kids should have 60 minutes every day, including play and structured activities.

QUIT TOBACCO

Use of inhaled nicotine delivery products, which includes traditional cigarettes, e-cigarettes and vaping, is the leading cause of preventable death in the U.S., including about a third of all deaths from heart disease. And about a third of U.S. children ages 3-11 are exposed to secondhand smoke or vaping.

GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.

MANAGE WEIGHT

Achieving and maintaining a healthy weight has many benefits. Body mass index (BMI), a numerical value of your weight in relation to your height, is a useful gauge. Optimal BMI for most adults ranges from 18.5 to less than 25. You can calculate it online or consult a health care professional.

CONTROL CHOLESTEROL

High levels of non-HDL, or "bad," cholesterol can lead to heart disease. Your health care professional can consider non-HDL cholesterol as the preferred number to monitor, rather than total cholesterol, because it can be measured without fasting beforehand and is reliably calculated among all people.

MANAGE BLOOD SUGAR

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use as energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. As part of testing, monitoring hemoglobin A1c can better reflect long-term control in people with diabetes or prediabetes.

MANAGE BLOOD PRESSURE

Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal. High blood pressure is defined as 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).

Learn more at heart.org/lifes8

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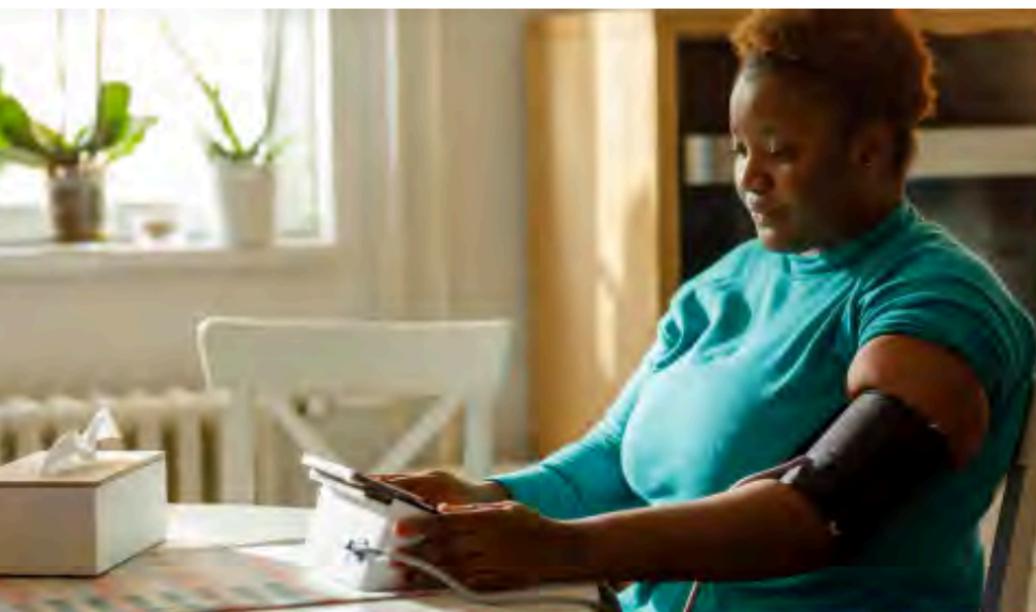
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