



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute



NHLBI *Your Guide to Better Health Series*

Sometimes a short brochure on health is not enough. The *Your Guide* series of attractive, authoritative, science-based booklets gives you step-by-step

action plans for achieving and maintaining heart and sleep health. Get the latest health information and tips in these easy-to-read booklets.

Check out the *Your Guide Series Home page* at <http://hp2010.nhlbi.nih.net/yourguide> for more information, In Brief fact sheets, and special price offer combinations.



Your Guide to a Healthy Heart

Take charge of your heart health! Use this booklet to help you achieve and maintain a plan for heart health. Also understand the risk factors for heart disease and determine your risk.

#06-5269 2006, 88 pages, 6x9 inches, full color
\$4 each
25 copies \$85
100 copies \$320

Your Guide to Lowering Your Cholesterol With TLC

TLC (Therapeutic Lifestyle Changes) is a set of tools you can use to get results in lowering cholesterol. This easy-to-read booklet is designed to help people whose cholesterol level is above their goal make the lifestyle

changes that will lower blood cholesterol and reduce the risk for heart disease.

#06-5235 2006, 84 pages, 6x9 inches, full color
\$4 each
25 copies \$85
100 copies \$320

Your Guide to Living Well With Heart Disease

You *can* live well with heart disease. This booklet provides examples of how to live fully and healthfully as you cope with your heart condition. Includes the latest information on controlling heart disease risk factors and

treatments. Make living well with heart disease your *priority*.

#06-5270 2006, 72 pages, 6x9 inches, full color
\$4 each
25 copies \$85
100 copies \$320

Your Guide to Healthy Sleep

Want to find the secret to getting healthy sleep? In fact, how to get healthy sleep is no secret. This helpful and detailed booklet dispels common sleep myths; gives practical tips for getting adequate sleep, coping with jet

lag, and avoiding dangerous drowsy driving; and describes sleep disorders.

#06-5271 2006, 60 pages, 6x9 inches, full color
\$3.50 each
25 copies \$75
100 copies \$280

Your Guide to Lowering Your Blood Pressure With DASH

Get with the plan that is clinically proven to significantly reduce blood pressure. The "Dietary Approaches to Stop Hypertension" eating plan features fruits, vegetables, whole grains, and other foods that are lower in salt/sodium. Enjoy a week's worth of sample

menus and recipes recalculated using 2005 nutrient content data.

#06-4082 2006, 56 pages, 6x9 inches, full color
\$3.50 each
25 copies \$75
100 copies \$260

Your Guide to Physical Activity and Your Heart

Know you should be more physically active, but just can't get started? This guide uses science-based information to help adults develop a safe and effective program that can be sustained. Regular, moderate physical

activity improves your heart health *and* how you look and feel.

#06-5714 2006, 48 pages, 6x9 inches, full color
\$3.50 each
25 copies \$75
100 copies \$260

