



The Healthy Heart Miracle Personal Roadmap



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>Food Priority Coaching</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"> • Volunteer to shop and cook, then start to introduce DASH Plus food and recipes • Find DASH Plus–friendly food sources— Asian markets, restaurants, etc. (<i>see Week 1</i>) | | | |
| <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"> • Buy "healthy" lunches and snacks to share occasionally • Enlist other friends/coworkers to set good examples • Find carry-out restaurants with good food choices • Set up a "recipe" buddy system where you each try out new DASH Plus recipes, divide in half, and swap recipes | | | |
| <p>Fitness Priority Coaching</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"> • When you walk, jog, cycle, or work out together, you bring the healthy snacks. • Use the "beginner" or "experienced" Personal Roadmap Worksheets and make notes of ways to make sure each step is followed. • Cater to his/her interests and needs. | | | |

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