



5 EASY KEYS TO A HEALTHY HEART



MOVE YOUR BODY

At least 30 minutes of physical activity, 5 or more x a week: 2nd lining, walking, and dancing are great cardio! [Locals check this out!](#)



IF YOU SMOKE, QUIT!

Avoid breathing 2nd hand smoke. Our NOMC staff has smoking cessation resources, call 504 412-1366 or [check out our website for more information.](#)



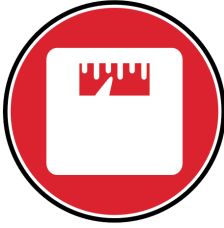
EAT HEALTHY

Nuts, berries, fruit, vegetables, whole grains, lean meat and healthy oils. Select slow foods instead of processed & fast foods. Replace salt with lemon juice, herbs & spices. Make sure you get 25 grams of fiber each day. Avoid sugars. [Checkout the NOMC's healthy eating articles.](#)

LOSE WEIGHT: EVERY 5 LBS. MATTERS

Losing 5-10% of your current weight, even as little as 10-20 pounds, will make a major improvement in your insulin resistance and health benefits. NOMC is here to help you.

Call us at 504 412-1366.



PRACTICE SELF-CARE

Take your medications and check your sugar levels each day. Schedule check-ups with your provider to make sure your blood pressure, blood sugar and cholesterol are on target.

NOMC patients, we have your back, call 504-412-1366 to set up an appointment or learn more on how to become a new

patient at www.neworleansmusiciansclinic.org



ANOTHER WAY TO GET YOUR HEART RACING

WALK, JOG OR RUN FOR CHARITY
CRESCENT CITY CLASSIC 10K
New Orleans | April 15, 2017

START FUNDRAISING
FIRSTGIVING.COM/NOMC

FOLLOW THE ACTION!



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