



American Heart Association.

Healthy for Good™

Life's Essential



HAA GOO 'ASHT'J BILAAH T'AA HONISHYOI



NOWOHADI! BILAAH

Na'adists'ood shi k'eh lei naanish'aahoosht'jjh ba nihi ajeidishjool 'aadoo atsiighaa'. Bil hanish'aash t'aa honishyol, bil k'eedish'neeh t'aa bilgo bichailzhol ana'i ba lei 'alk'ineiikai, bineesh'a kodi! ni naasdooz bilaah. Bi bineesh'a bididzooch yissoos, t'aa hasih nihi mood 'aadoo kodi! ni naasdooz nahiishnaah. Alchini dziili bee bil hanish'aash lei t'aalahadi damoo t'aa 'at'ego bits'aadee' gi t'aa shoo da:

150 

DOODAI

DAH 'ALZHIN

bits'aadee' woyahgo na'adists'ood bee 'ak'ihata (*'alk'ineiikaing, azhish, bee haalt'oodi*)

Doodai lei 'altanasdziid bits'aadee' t'aa 'aniidla, ninalka'i bigha'aahoosht'jjh bii naaki damoo ni'iileehgo.

75 

DAH 'ALZHIN

bits'aadee' t'aa chanahgo na'adists'ood bee 'ak'ihata (*dinishwo', bii' ndajibehigii, tsin baatis yishwol tl'ool*)

BIL HANISH'AASH BILAAH 'ASHOODZIIL

Dziili bee goo 'iinishta' bee 'ak'ihata' naghai 'al'jgi nihi 'agaandoh bilaah 'ashoodziil gi t'aa shoo da naakidi lei naaki damoo ni'iileehgo. Dah diistoos das, t'aa beenishyazhi, bich'j' ndiishyeed 'aadoo goozh bineesh'a bilaah le' 'at'eegoo bits'aadee' ahoodziil ihoo'aah [Na'adists'ood](#).

BIGHAAH NAADISHT'EEH DAH 'ALZHIN

Yiidlaah na'alkid, t'oo naago, t'aa 'alch'jdigoo doodaii yisdzil ba bilaah bits'aa' t'aa 'aadzaagoo.

NOWOHADI! BILAAH 'AADOO K'IDIINISHZHOOZH BILAAH

Bil 'eesbas lei t'aa dikwiniilt'ehe dah 'alzhin goo k'idiinishzoozh. Daa ni bineesh'a bil' des'eez doodaii ye'ii dah ba bidahoononi hahalzhiish, Dziili bee goo 'alk'ineiikai doodaii nowohadi! lei alts'iisi goo kodi! nihi ats'iis 'adinish'neeh naat'ood 'aadoo bidziil.

BITSILKE' & DINEEH

Bitsilke' dziili bee bil hanish'aash gi t'aa shoo da 60 dah 'alzhin bits'aadee' Na'adists'ood bik'eh hil. Dii 'iinishta's neeni 'aadoo t'aa hoolzhishgi bee 'ak'ihata'.



'Ihoosh'aah bilaah gi heart.org/lifes8
(Bee ak'e'di English bizaad)



NAA'IISHNE' BA BEE NA'ASHDJJH



LAHGO 'ASHNEEH NIHI BINI'SET

Na'adists'ood ya' naana goo-asht'j akaa'gi nihi 'alkee' yisdzoh. Bitsiits'ii bii' si'a bits'aadee' bi gi lei na'alkid ni da'iishdlsh goo ni goo kodi! ni bike'eshchii, nahiishnaah 'aadoo nilts'ili nihi bini'.



BAA 'IISHT'EEH 'EE LA'IGII

Ya'at'eeh baa 'jjh nisin ho akaa'gi nihi 'alk'ineiikai, 'ahidii'a lei bee hodit'eeh t'aalahagoo di nihi dahootahgoo, doodaii neeni ball gi bii ni'nisbaas 'ee la'igii shi lei bilaah nizaagoo goo Na'adists'ood, 'akooh! haiida kwa'asini lei, 'aadoo nahiishnaah ni!



'AL'JGI BI LEI TODILHIL BICHI YIDEESHNI'

Na'adists'ood t'aa 'ahaah—t'aa 'akogi 'at'e bik'eh hil doodaii gi t'aa shoo da t'aa dikwii na'albitsilke' lei naaki damoo ni'iileehgo. Dii kodi! nihi ats'iis bil hanish'aash t'aa chooz'jdigii goo bi. 'Asht'j ndeedaah, bi t'aatsoh bil eesbas binaa naakidi ndizidigii bitse bi yishleeh lei todilhil bichi yideeshni' ako tsints'ozii 'ee bi!



BIKETL'A 'IISHHIIL NIHI BINI'

Na'adists'ood shi bilaah ba nihi atsiighaa! Dzilgoo yishneel nihi ats'iis t'aa 'ahaah bineesh'a 'al'jgi ni naasdooz bil hoozhooch, a'oh yissoosed, 'aadoo kodi's 'ee beebinishniih!