

Journey to Wellness — A free self-guided healthy living program

Stroke prevention activity

Week 1: Assess your risk and family history

- Assess your personal risk: Take online quizzes provided by reputable organizations like the [American Stroke Association](#) to understand your individual risk factors. Consider age, blood pressure, cholesterol and lifestyle factors like smoking and diet.
- Learn your family history: Talk to close family members about family history of stroke, heart attack or transient ischemic attack. Knowing genetic predisposition helps with preventive measures.

Week 2: Recognize Warning Signs

- Learn the FAST acronym: Face drooping, Arm weakness, Speech difficulty, Time to call 911.
- Watch [educational videos](#) to visualize the symptoms.

Week 3: Prepare for Emergencies

- Create an emergency contact list: Prepare a list of important phone numbers for close family, neighbors and your doctor, so they are easily accessible in case of a medical emergency.
- Pack an emergency kit: Assemble a kit with essential items like medications, comfort items, basic first-aid supplies, portable phone charger and [medical information sheets](#), so they are readily available for transportation to the hospital. Inform family and friends of the kit's location.

Week 4: Embrace a Healthy Lifestyle

- Consider nutrition: Plan a weeklong menu focused on fruits, vegetables, whole grains and lean protein. Choose low calorie, [nutrient-dense foods](#).
- Get moving: Aim for 30 minutes of moderate-intensity exercise for most days and break it into 10- or 15-minute chunks throughout your day.
- Quit smoking: If you smoke, commit to quitting. [Develop a quit plan](#) to help you prepare and follow through with your decision to quit.

Week 5: Share your Knowledge and Spread Awareness

- Print a "[What to know about stroke](#)" flier and post it in a visible spot.
- Share on social media: Use relevant hashtags like #StrokeAwareness, #getstrokeready and #FAST, or post a Mayo Clinic Health System stroke blog to share your learning journey and encourage others to act and seek resources.

Print this checklist or save it to your desktop for digital tracking.

[mayoclinichealthsystem.org/journey](https://www.mayoclinichealthsystem.org/journey)

