



## About Us

Health Equity for African Americans League (HEAAL) is a community-driven collective based in Orange County, California dedicated to improving health outcomes for Black and African American populations by addressing social determinants of health—factors like housing, healthcare access, nutrition, and education that influence well-being.

[www.heaaloc.org](http://www.heaaloc.org)

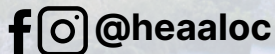


HEALTH EQUITY FOR AFRICAN AMERICANS LEAGUE

**HEAAL aims to identify and address the social determinants of health affecting Black and African American communities in Orange County by collecting and sharing data, community feedback, and lived experiences; providing education; and advocating to influence decision-making at local, state, and federal levels so that historically excluded voices help shape equitable health outcomes.**

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HEALTH EQUITY FOR AFRICAN AMERICANS LEAGUE

# Atrial Fibrillation

Atrial fibrillation (AFib) is the most common type of irregular heartbeat.



# Lifestyle Modifications Checklist for Atrial Fibrillation (Afib)

## → Diet

Adopting a heart-healthy diet, such as the DASH diet, which is rich in fruits, vegetables, and low-fat dairy products, and limiting sodium intake are crucial. Consider having a plant-based diet once per week.

## → Physical Activity

Regular exercise, like 30 minutes of moderate-intensity activity most days of the week, can help lower blood pressure.

## → Weight Management

Losing even a small amount of weight can have a significant impact on blood pressure.

## → Alcohol Consumption

Consumption: Limiting or avoiding alcohol can also contribute to blood pressure control.

## → Stress Management

Management: Finding healthy ways to manage stress, such as through exercise, relaxation techniques, or mindfulness, is important.

**Disclaimer:** These recommendations are intended as guides and in no way are to replace the advice of a physician. HEAAL recommends you seek the attention and advice of your physician.

## Symptoms

- ✓ Irregular heartbeat
- ✓ Heart racing
- ✓ Chest pain
- ✓ Shortness of Breath
- ✓ Fatigue
- ✓ Light headedness

Symptoms of AFib can vary, and they can come and go. They should not be ignored, however. Talk to a doctor right away if you are experiencing any of these symptoms.