



# HEART HEALTHY HINTS

## Quick tips on food and exercise to keep your heart healthy

People are more health conscious today than ever before. And keeping the heart healthy is just one priority for most. Making smart decisions and choices revolving around meal plans and exercise is crucial to having a heart-healthy advantage.

**Fundraiser Publishing** has gathered some helpful heart-safety tips for our readers to enjoy. Eating healthy can be fun! Remember four things that can initiate your new heart-healthy plan. Be tobacco free. Trim the fat. Pay attention to all the food groups and get regular cardio exercise. And always check with your doctor before beginning any new strenuous exercise regime. And remember to get your physical! Here's to a healthy heart! ***Bon Appétit!***

Myth 1: Exercising makes you tired. Regular exercise will speed your metabolism and give you more energy.

If left untreated, a cold will drag on for a week. If treated, it will last 7 days.

Your way of thinking can not only impact the quality of your life, but also how long you actually live. In 2002, researchers at the Mayo Clinic found that optimistic people decreased their risk of early death by 50 percent compared with those who leaned more towards pessimism.

Coronary heart disease remains the No. 1 single cause of death in the United States for both men and women.

Studies have shown a modest reduction in LDL “bad” cholesterol with a regular intake of dark chocolate or cocoa powder in a healthy eating plan.

Before the invention of the light bulb, people averaged 10 blissful hours per night. Today, it’s down to 6.9 on weeknights and 7.5 on weekends! Learn how to make the most of the sleep you get.

If you eat restaurant foods or fast foods, choose those that are prepared with only moderated amounts of salt or salty flavorings.

Serve water when your child is thirsty. Water is cheap and healthy.

Establish a quiet time for yourself. Listen to your inner spirit.

Even though the center of the package may still be frozen as it thaws on the counter, the outer layer is between 40 and 140°F, which is the zone where bacteria multiply rapidly.

To realize what a new start you have each day, make it a point to occasionally watch the sun rise.

Exercise Tip: Exercise early in the morning before your brain figures out what you are doing.

Current evidence suggests that moderate drinking is associated with a lower risk of coronary heart disease in some individuals.

Losing weight comes down to calories: less calories in and/or more calories burned.

Healthful diets contain the amounts of essential nutrients and energy needed to prevent nutritional deficiencies and excesses.

Protect your mental and physical health by engaging in activities that help you manage your stress at work and at home.

The symptoms of heat exhaustion are: dizziness, headache, nausea, confusion and body temperature below normal.

Regular physical activity tones your muscles and helps control your appetite.

Dark chocolate is a potent antioxidant.

On a clear night, get away from city lights and look up at the stars. The vastness will put seemingly overwhelming problems in perspective.

Never partially cook food for finishing later because you increase the risk of bacterial growth.

Working harder or faster for a given activity will only slightly increase the calories spent. A better way to burn up more calories is to increase the time spent on your activity.

Dieting is the penalty for exceeding the feed limit.

Many people think that bad weather causes illness. The cold and flu season occurs in winter months, mainly because people crowd indoors making the spread of infection easier. Becoming ill after being outside in bad weather is simply by chance alone.

Most of the calories in your diet should come from grain products, vegetables, and fruits. Your plate should be at least 2/3rds vegetables, fruit, whole grains and beans. Only 1/3 should be meat or dairy.

If you have time to watch television each day, then you have time to exercise.

Myth 2: Exercising takes too much time. To exercise for thirty minutes at a time four times a week is only two hours per week. There are 168 hours in a week.

People who own pets, especially dogs, have been shown to be less stressed and require fewer visits to their physicians than non-owners. Survival rates for heart attack victims who had a pet have been shown to be 12% longer than for those who did not have one.

Aim for a healthy weight. If you are at a healthy weight, aim to avoid weight gain. If you are already overweight, first aim to prevent further weight gain and then lose weight to improve your health.

For children, be adventurous. At the store, ask your young child to choose a new vegetable or fruit from 2 or 3 choices for a weekly “family try-a-new-food” night.

Overall, heart disease is almost twice as likely to develop in inactive people as in those who are more active.

Smokers are two to four times more likely to have a heart attack than nonsmokers.

Don't be a workaholic. It both creates stress and limits time for exercise and relaxation.

Take steps to balance work, home, and play. Pay attention to your health, and make healthy living a part of your life.

Keep in mind that even though heredity and the environment are important influences, your behaviors help determine your body weight.

Engage in at least 30 minutes (adults) or 60 minutes (children) of moderate physical activity most, preferably all, days of the week.

Take a vacation and get a total change of scenery.

Pet owners have been shown to have lower blood pressure than non-pet owners. This may be because owning a pet decreases loneliness and depression, encourages laughter and nurturing, and stimulates exercise.

It's fine to enjoy fats and sweets occasionally, but do so in small portions.

Wash hands and surfaces often when preparing food.

Enjoy yourself. Part of the zest for life that minimizes the adverse effect of stress is enjoyment.

Choose sensibly to limit your intake of beverages and foods that are high in added sugars.

Our health always seems much more valuable after we lose it.

Communicate: Don't bottle up your problems. Share them with a friend, partner or co-worker. Then, listen to what they have to say.

I'm in shape - Round is a shape, isn't it?

A study led by the Johns Hopkins University School of Medicine in 2002 found that men classified as having the highest level of anger in response to stress were over three times more likely to develop premature heart disease than men who reported lower anger responses.

Joggers or walkers should watch for cars and wear light-colored clothes with a reflecting band during darkness so that drivers can see you. Remember, drivers don't see you as well as you see their cars.

Limit use of solid fats, such as butter, hard margarines, lard and shortenings. Use vegetable oils as a substitute.

Maintain or increase physical activity if you are already active.

As a stress reliever, put an aquarium in your home or a goldfish bowl in your office.

Antioxidants found in foods such as beans, blueberries and artichokes, have the ability to scavenge free radicals. Free radicals contribute to degenerative diseases, including atherosclerosis, Alzheimer's and cancer.

Choose sensibly to moderate salt intake. Salt may contribute to high blood pressure.

If you choose to drink alcoholic beverages, do so sensibly, and in moderation.

When children are offered a balanced diet over time, they will develop good eating habits.

Be a good role model. What you do can mean more than what you say. Your child learns from you about how and what to eat.

Moderate exercise of about 30 minutes, done most days of the week, helps to improve the amount and activity of a number of the body's immune cells.

The symptoms of heat stroke are: dizziness, headache, nausea, thirst, muscle cramps, sweating stops and high body temperature.

If the egg carton has an expiration date printed on it, such as "EXP May 1," you should be able to use the eggs safely up to three weeks after May 1.

Cold or flu? With a cold, you don't generally have a fever or muscle aches and the symptoms come on more slowly.

Eat small healthy meals. Eating a well-balanced diet low in fat and abundant in antioxidants provides the fuel the body needs to build a strong healthy immune system.

Drink plenty of fluids. Water flushes your system, washing out toxins as it rehydrates you. A typical healthy adult needs at least eight 8-ounce glasses of fluids each day.

If you have difficulty breathing, experience faintness or prolonged weakness during or after exercising, you are exercising too hard.

Since longevity genes can be inherited, marrying someone whose grandparents are still alive would be a good choice, genetically. Of course, this won't make you live longer, but it might help your children.

Rest and relax. The body needs rest from the stress and strain of daily life to get recharged. Adequate restful sleep helps to restore our bodies and refresh our minds.

Use the Nutrition Facts Label to help choose foods lower in fat, saturated fat and cholesterol.

Stay away from cigarette smoke. Statistics show that heavy smokers get more severe and more frequent colds than non-smokers. Just being around smoke profoundly zaps the immune system.

Frequent hand washing or use of hand-sanitizing gels is a good way to keep from getting and spreading cold and flu germs.

Choose physical activities that fit in with your daily routine, or choose recreational or structured exercise programs, or both.

During the holiday season, stick to your regular exercise routine as much as possible. Mark it on the calendar and consider it as important as any other appointment.

During the holidays, cut back on your family's television viewing time. Limit the number of hours your children spend playing video games. Instead, make a new holiday tradition. Take a brisk walk around your neighborhood to see the holiday decorations.

To decrease calorie intake, eat more vegetables and fruits.

It takes a mighty honest man to tell the difference between when he's tired and when he's just plain lazy.

During the holidays, play some backyard football or Frisbee with children and adults before the big holiday dinner or during football half-time.



Take dancing lessons. The physical activity is an obvious benefit. The enjoyment and social interaction are benefits as well.

Dance or exercise to your favorite holiday music.

Make a New Year's resolution with friends to start a daily exercise group.

Be physically active to avoid or relieve holiday stress.

Temper gets you into trouble. Pride keeps you there.

The first thing you lose on a diet is your sense of humor!

Regular physical activity gives you more energy, helps in coping with stress, improves your self-image and increases resistance to fatigue.

Instead of rewarding your child with food, reward them with attention (hugs, kisses and smiles) and playful activities.

To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.

Chocolate contains potassium, magnesium and vitamins D, E, B1 and B2.

As we age, our metabolism slows down. To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

If you bicycle, you can help prevent injuries by always wearing a helmet and using lights and wheel-mounted reflectors at night. Also, ride in the direction of traffic and try to avoid busy streets.

Seek the company of those who are optimistic and have high self-esteem.

Colds account for more illness than all the other human diseases combined, but the flu is the 5th leading cause of death in the United States.

Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill or coordination, such as driving or operating machinery.

Take an activity break - get up and stretch, walk around and give your muscles and mind a chance to relax.

Start your day with breakfast. Studies have shown that those who maintain a healthy weight, eat breakfast nearly every day.

Being healthy means doing some homework, knowing yourself, and knowing what's best for you... because you are one of a kind.

Move the balls and arches of your bare feet over a golf ball for a mini reflexology massage.

Stay active throughout your life. The best way to prepare for retirement is to start a regular exercise habit.

The flavonoids found in chocolate can help maintain a healthy heart and good circulation and reduce blood clotting, which can cause heart attacks and strokes.

If you run or jog, land on your heels rather than the balls of your feet. This will minimize the strain on your feet and lower legs.

Laughter relaxes muscles, stimulates the respiratory system, boosts endorphin production, decreases the intensity of pain and unhappiness, and can speed healing.

Choose dark-green leafy vegetables, orange fruits and vegetables, and cooked dry beans and peas often.

There are four basic food groups: milk chocolate, dark chocolate, white chocolate and chocolate truffles.

Become physically active if you are inactive. Any activity helps: walking, gardening, lawn mowing or even housework.

Cook foods to a safe temperature. Use a meat thermometer.

Choose fat-free or low-fat dairy products, cooked dry beans and peas, fish and lean meats and poultry.

You need to burn off 3,500 calories more than you take in to lose 1 pound.

The carbohydrates, fats, and proteins in food supply energy, measured in calories. Carbohydrates and proteins provide 4 calories per gram. Fat contributes 9 calories per gram. Alcohol supplies 7 calories per gram. Foods that are high in fat are also high in calories.

Regular exercise can improve the quality of your life - how you feel and look. It can help you do more than before without pain or shortness of breath.

Serve safely. Keep hot foods hot and cold foods cold.

The older you get the harder it is to lose weight, because by then your body and your fat have become good friends.

Laughter is one of the best antidotes to stress.

Protect yourself from illness and disease by keeping up with your vaccinations.

Hard or uneven surfaces such as cement or rough fields are more likely to cause injuries. Soft, even surfaces such as a level grass field, a dirt path or a track for running are better for your feet and joints.

Don't know how long that container of food has been in the fridge? When in doubt, throw it out.

Many women and adolescent girls need to eat more calcium-rich foods to get the calcium needed for healthy bones throughout life.

Young children, teenage girls, and women of childbearing age should eat enough iron-rich foods, such as lean meats and whole-grain or enriched white bread to keep the body's iron stored at adequate levels.

Get in a comfortable position. Close your eyes and breathe deeply - slow and relaxed. As you inhale, say the word "peace" to yourself. As you exhale, say the word "calm". Repeat these words as you breathe. Continue this exercise until you feel very relaxed.

It's important to exercise at a comfortable pace. For example, when jogging or walking briskly you should be able to keep up a conversation comfortably.

Both overweight and adult weight gain are linked to high blood pressure, heart disease, stroke, diabetes, certain types of cancer, arthritis, breathing problems, and other illness.

To decrease calorie intake, eat a variety of foods that are low in calories and high in nutrients.

Remember that the extra calories in alcoholic beverages can contribute to weight gain.

Grow a garden. It will give you a huge sense of accomplishment.

Olive and canola oils are particularly high in monounsaturated fats; most other vegetable oils, nuts, and high-fat fish are good sources of polyunsaturated fats. Both kinds of unsaturated fats reduce blood cholesterol when they replace saturated fats in the diet.

Close your eyes and relax your muscles one by one. Start with your feet, progress to your legs, torso, arms, shoulders, neck, mouth, cheeks, nose, temples, eyes, and forehead.

Park a few blocks from the office or store and walk the rest of the way. Or if you ride on public transportation, get off a stop or two before and walk a few blocks.

Health is not merely the absence of disease; it's a lifestyle. Whether it's getting enough sleep, relaxing after a stressful day, or enjoying a hobby, it's important to take time to be good to yourself.

Most of us spend our time like it wasn't worth anything, and our money like it was.

Scientific evidence indicates that diets high in sugars do not cause hyperactivity or diabetes. The most common type of diabetes occurs in overweight adults.

Avoid drinking before or when driving, or whenever it puts you or others at risk.

Blood pressure increases with weight and decreases when weight is reduced.

Both sugars and starches can promote tooth decay. The more often you eat foods that contain sugars and starches and the longer these foods are in your mouth before you brush your teeth, the greater the risk for tooth decay.

Consult your health care provider before starting a new vigorous physical activity plan if you have a chronic health problem, or if you are over 40 (men) or 50 (women).

Too much of a good thing: Prolonged intense exercise has been shown to reduce the body's resistance to infection because the body is not allowed sufficient time to rest and recover.

Studies suggest that eating foods high in potassium helps to counter some of the effects of high salt consumption on blood pressure.

Supplements of vitamins, minerals or fiber may help to meet special nutritional needs. However, supplements do not supply all of the nutrients and other substances present in foods that are important to health.

Get in touch with nature: walk in the woods; press some leaves or flowers; photograph the outdoors; bird watch.

Alcohol consumption has been associated with high blood pressure.

Aerobic exercises can condition your heart and lungs if performed at the proper intensity for at least 30 minutes, on most days of the week.

A blood pressure of 140/90 mm/Hg (millimeters of mercury) or greater is classified as high blood pressure.

Go dancing instead of seeing a movie.

Limit your intake of caffeine and alcohol because they can dehydrate you.

The best exercises to strengthen your heart and lungs are the aerobic ones like brisk walking, jogging, cycling and swimming.

Sodium and salt are found mainly in processed and prepared foods.

Everything tastes good when you're on a diet.

To decrease calorie intake, drink less or no alcohol.

The risk factors for heart disease that you can do something about are: Cigarette Smoking, High Blood Pressure, High Blood Cholesterol, Physical Inactivity, Obesity and Diabetes.

About three-fourths of the energy you burn every day comes from what your body uses for its basic needs, such as sleeping, breathing, digesting food and reclining.

In moderation, chocolate may help fight tooth decay. Although both cocoa and chocolate contain sugar, cocoa butter coats the teeth and helps to prevent plaque from forming while fighting off oral bacteria.

The heart attack death rate among all smokers is 70 percent greater than among nonsmokers.

Set a good example for children by practicing healthy eating habits and enjoying regular physical activities together.

Consider the impact of color on your mood when painting rooms. For instance, a light green is very calming.

On hot days, drink lots of fluids, particularly water - before, during and after exercising.

The higher your blood pressure, the greater your risk of developing heart disease or stroke.

Let your shower run hot for a few extra minutes and let the steam relax your stressed muscles.

A blood cholesterol level of 240 mg/dl (milligrams per deciliter) or above is high and increases your risk of heart disease.

Protein is not limited in vegetarian diets as long as the variety and amounts of foods consumed are adequate. Meat, fish, and poultry are major contributors of iron, zinc, and B vitamins in most American diets, and vegetarians should pay special attention to these nutrients.

Children need a meal routine just like they need a bedtime routine. Plan for three meals and two snacks each day. Serve a vegetable or fruit at every meal.

People who do not need many calories or who must restrict their food intake, need to choose nutrient-rich foods from the five major food groups with special care.

If precautions are not taken during hot, humid days, heat exhaustion or heat stroke can occur - although they are fairly rare.

Both heat exhaustion and heat stroke can be avoided if you drink-enough liquids to replace those lost during exercise.

Many deaths associated with exercising have been preceded by warning signs such as chest pain, lightheadedness, fainting and extreme breathlessness. These are symptoms that should not be ignored and should be brought to the attention of a doctor immediately.