



February is  
American Heart  
Month

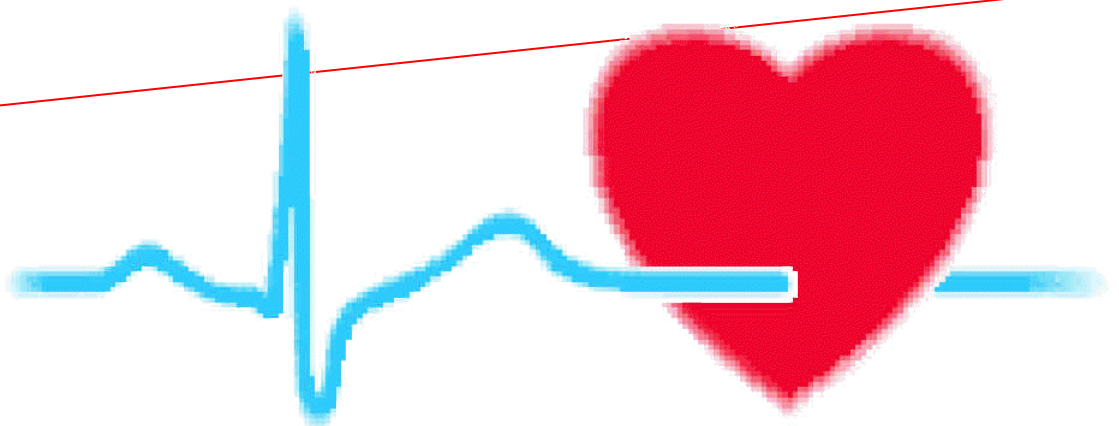


LOVE YOUR *heart* AS MUCH AS WE DO

# Heart Disease is the *#1 Cause of Death* in the United States:

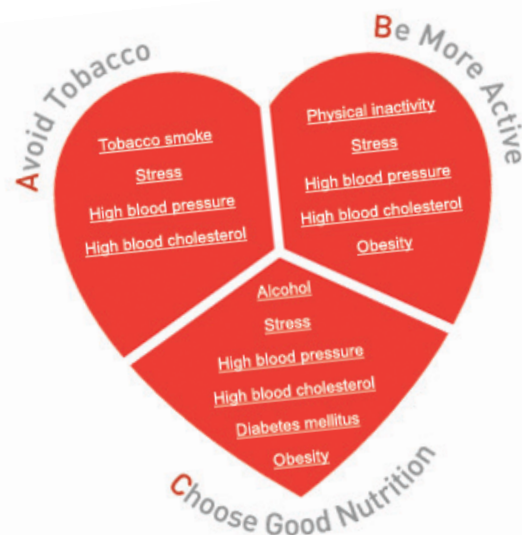
The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack.

- In 2008, an estimated 770,000 Americans will have a new coronary attack.
- About 430,000 will have a recurrent attack.
- About every 26 seconds, an American will have a coronary event.
- About one every minute will die from



# Conditions that put *your heart* at risk:

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk.



Conditions that affect your heart and may increase your risk of death or disability include:

arrhythmia

heart failure

peripheral artery disease (PAD)

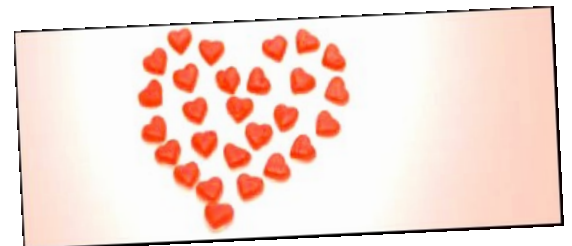
High cholesterol, high blood pressure, obesity, diabetes, tobacco, and secondhand smoke are also risk factors associated with heart disease.

# Signs and symptoms of a *heart* attack.



Some heart attacks are *sudden and intense*; however, **most heart attacks start slowly, with mild pain or discomfort**. Often people affected aren't sure what's wrong and wait too long before getting help.

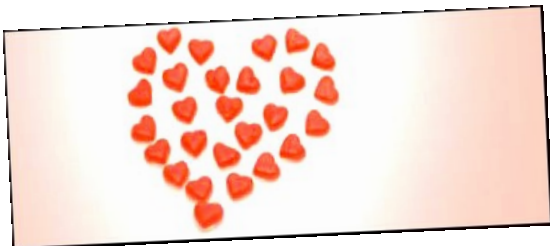
People who have *survived a heart attack* can also work to reduce their risk of another heart attack or a stroke in the future



# Signs and symptoms of a *heart* attack.

Recognizing these signs and symptoms are crucial to the most positive outcomes after having a heart attack.

- **Shortness of breath.** May occur with or without chest discomfort.
- Other signs: These may include breaking out in a cold sweat, nausea, or lightheadedness.
- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.





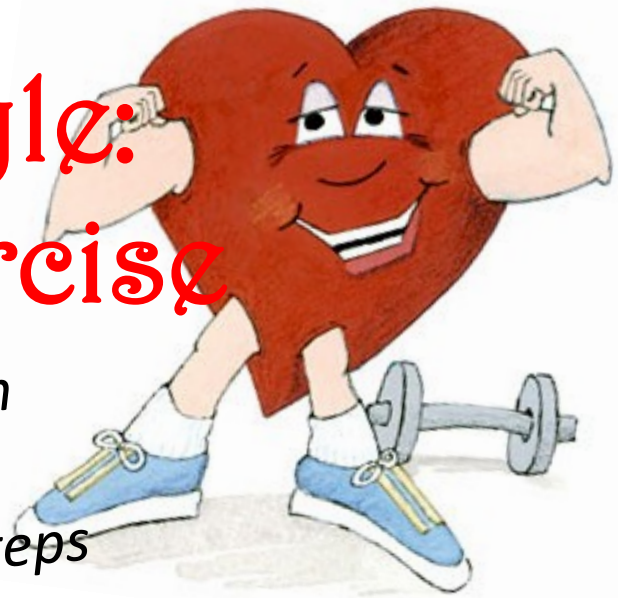
# Healthy Lifestyle: Diet and Nutrition



A **healthy diet and lifestyle** are the best weapons you have to fight heart disease. As you make daily food choices, base your **eating pattern** on **these** American Heart Association recommendations:

- ◆ Choose **lean meats and poultry** without skin and
- ◆ Prepare them **without added** saturated and trans **fat**.
- ◆ Select **fat-free, 1% fat, and low-fat** dairy products.
- ◆ Cut back on foods containing partially hydrogenated
- ◆ **Limit vegetable oils** to reduce trans fat in your diet.
- ◆ **Cut back on** foods **high in dietary cholesterol**.
- ◆ **Cut back on** beverages and foods with **added sugars**.
- ◆ Choose and prepare foods with **little or no salt**.
- ◆ If you drink alcohol, **drink in moderation**.

# Healthy Lifestyle: Fitness and Exercise



*Physical activity in your daily life is an important step to preventing heart disease. You can take a few simple steps at home, at work, and at play to increase the amount of physical activity in your life.*

## **Basic recommendations from ACSM and AHA:**

*Do moderately intense cardio 30 minutes a day, five days a week*

*Or*

*Do vigorously intense cardio 20 minutes a day, 3 days a week*

*And*

*Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice a week.*

**Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.**



# Tips for meeting the guidelines

With busy work schedules, family obligations, and packed weekends, it can often be difficult to get the recommended amount of physical activity. Try these tips for incorporating exercise into your life:

## Do it in short bouts.

Research shows that moderate-intensity physical activity can be accumulated throughout the day in 10 minute bouts, which can be just as effective as exercising for 30 minutes straight. This can be useful when trying to fit physical activity into a busy day.

## Mix it up.

Combinations of moderate- and vigorous-intensity physical activity can be used to meet the guidelines. For example, you can walk briskly for 30 minutes twice per week and jog at a higher intensity on two other days.



## Set your schedule.

Maybe it's easier for you to walk during your lunch hour, or perhaps hitting the pavement right after dinner is best for you. The key is to set aside specific days and times for exercise, making it just as much a regular part of your schedule as everything else.



## Make it a family affair.

Take your spouse, your children, or a friend with you during exercise to add some fun to your routine. This is also a good way to encourage your kids to be physically active and get them committed early to a lifetime of health.

# Along on Valentine's Day? Don't feel sad!



## Alternative Valentine's Day Activities:

- ♥ Pamper yourself
- ♥ Hang out with friends
- ♥ Acts of Service
- ♥ Think Positive
- ♥ Focus on You

There are many  
ways to celebrate love this **Valentine's Day!**  
Send a card or express your gratitude to:

- ♥ Friends
- ♥ Parents & Siblings
- ♥ Spouse & Children
- ♥ Teachers & Students
- ♥ Or *anyone* who makes a difference in your life