

Ways to Improve Your Heart Health

If you worry that you or someone you love will get heart disease or even have a heart attack, it's understandable.

Research shows you can lower your risk, particularly if you team up with family, friends or co-workers. This kind of social support may be the key to your success. Consider these three tips that can help lower your risk of heart disease:

Risk: Inactivity

Solution: Move more throughout your day. Aim for at least 150 minutes each week of physical activity. Build up to activity that gets your heart beating faster and leaves you a little breathless. If you're busy, try breaking your daily activity into 10-minute chunks.

Stay motivated: Make walking dates. Join a pickup soccer or basketball game. Join a fitness class with your neighbor. Grab a loved one and dance in your kitchen.

Risk: An unhealthy diet

Solution: Consider an option like NHLBI's Dietary Approaches to Stop Hypertension (DASH) eating plan, which is free and scientifically proven to lower high blood pressure and improve cholesterol levels.

Stay motivated: Invite friends to cook up heart healthy recipes together. Start a lunch club at work and trade recipe ideas.

Risk: Smoking, even occasionally

Solution: Quitting can be beneficial to your overall health, even if you've smoked for years. Set a quit date and let those close to you know. If you've tried quitting in the past, consider what helped and what made it harder.

Stay motivated: Ask your family and friends for support or join a support group. Find resources and connect with a DHD #10 Tobacco Treatment Specialist.

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We have completed Year 1 and are now half-way into Year 2 of the Live Well for Your Heart project. You may have been contacted to get your heart age screening repeated for Year 2. Please call Travis at Baldwin Family Health Care to see if you have improved your health or to get motivated again to make changes. We have \$20 gas cards to give out along with 3 monthly drawings for gift baskets. Our goal for Year 2 is to connect you with programs to reduce your risk of heart disease. We are here to help connect you to needed services and offer support with any health goals you have for the upcoming year. Screenings for Year 2 need to be completed by April 30, 2020.

THANK YOU FOR PARTICIPATING!

Welcome!!

This is our second newsletter of this project. You are receiving this because you participated in a heart age screening with us. We look forward to continuing to get to know you more and hope that we can help you make healthier choices to keep your heart strong and live a long healthy life.

If you have any questions about this program, please contact any of us:
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Thank you again for participating in this project!

Celebrate American Heart Month Together: Join the #OurHearts Movement

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we join forces with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others.

Why Connecting is Good for Your Heart

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these heart healthy lifestyle tips with your friends, family, coworkers, and others in your community and you'll all be heart healthier for it. be more physically active.

- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce your stress.
- Get enough quality sleep.
- Track your heart health stats.



You don't have to make big changes all at once. Small steps will get you where you want to go.

Activity Tips for Winter Months

Staying active outside as old man winter arrives can be challenging but it has its benefits

- **No heat and humidity to deal with.** Winter's chill might even make you feel awake and invigorated.
- **You may be able to work out longer in cold weather**—which means you can burn even more calories.
- **It's a great way to take in the sunlight (in small doses).** Not only can light improve many people's moods, it also helps you get some vitamin D.
- **Exercise boosts your immunity during cold and flu season.** Just a few minutes a day can help prevent simple bacterial and viral infections.

Still rather stay indoors? Try these activities to keep active;

- Dancing
- Active housework like vacuuming and sweeping
- Mall walking
- Bowling
- Roller skating
- Yoga or other fun group classes at your local gym, studio, or community center
- Stair climbing

