

# Healthy Hints

## Kings Point February 2010



## American Heart Month

### Checklist to Reduce Your Risk for Heart Attack

*This year, about 1.2 million Americans will have a 1st or recurrent heart attack. About 452,000 of these people will die. Coronary heart disease is the nation's leading cause of death.*



■ **Don't use tobacco.** About 25.1 million men and 20.9 million women put themselves at risk of heart disease and stroke by smoking.

■ **Be physically active.** Data from the Centers for Disease Control and Prevention show that only 30.1% of Americans engage in light to moderate exercise for 30 minutes on 5 or more days a week or engage in vigorous exercise for 20 minutes at least 3 times/week.

■ **Eat healthy foods.** Eat foods low in saturated fat, trans-fat, cholesterol and sodium.

■ **Watch your weight.** About 66% of Americans age 20 and older are overweight or obese.

■ **Avoid excessive alcohol.** More than 1 drink a day for women and 2 drinks a day for men can cause an increase in blood pressure.

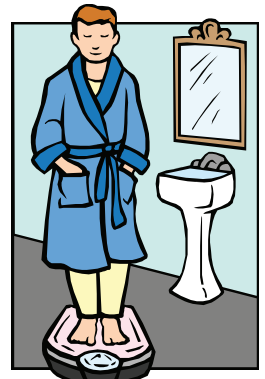
■ **Have regular check-ups.** If you have any risk factors, let your doctor help you develop a treatment plan.

■ **Control your cholesterol.** About 36 million American adults have cholesterol levels of 240mg/dl or higher - the point where it becomes a major risk factor for coronary heart disease.

■ **Monitor your blood pressure.** If your blood pressure is too high, take steps to lower it.

■ **Keep diabetes in check.** At least 65% of people with diabetes die of some form of heart or blood vessel disease.

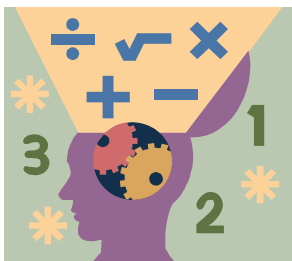
[www.americanheart.org](http://www.americanheart.org)



### Brain Exercise

\*Answers on the back– NO PEEKING!\*

1. I can be cracked, I can be made. I can be told, I can be played. What am I?
2. When can you add two to eleven and get one as the correct answer?



# Gifts From The Heart

- ♥ Hide a note someplace where your friend will find it. Simply saying “I appreciate you” or “I love you” is priceless!
- ♥ Take the time to tell someone that they look great! They’ll be glad you noticed.
- ♥ Saying “I’m proud of you” can work wonders.
- ♥ Learn the person’s hobby, and give them a magazine subscription or book on the subject. It shows that you listened to what they are interested in.
- ♥ Offer to do a chore for the person that they particularly dislike to do. They’ll really appreciate that!
- ♥ Help by encouraging your friend to try a new class or skill. Tell him you know he can do it.
- ♥ Show caring and respect by trying an activity that the other person loves, even though you have no interest in it. Learn something about their hobby.
- ♥ Know when to bite your tongue! Sometimes it is a gift to keep your thoughts to yourself. If your comments won’t be helpful, don’t share them.
- ♥ Make a gift basket or bag filled with things the other person will enjoy. Again, it shows that you listened.
- ♥ Hide a little money where someone who needs it will find it!
- ♥ Write a list or letter of the reasons you love or care for the other person. Chances are it will be a treasured keepsake.
- ♥ Has someone told you a story a thousand times before? Listen again like it was the first time!
- ♥ Prepare a casserole in a throw-away pan and deliver it to a sick or exhausted friend.
- ♥ If someone has trouble remembering dates, leave them a note or an e-mail. They’ll appreciate the reminder!
- ♥ Try the gift of listening! Turn off the TV, put down your paper and pay attention to the details of what the other person is saying. They’ll know you care!



**Riddle Answers:** 1. A joke. 2. When you look at a clock.

Got a fitness question, motivational tip to share with your neighbors or would you like to be added to an email list to have the latest Healthy Hints sent right to your inbox? Email Ann Stewart, KP Fitness Coordinator, at [astewart@suncitykp.com](mailto:astewart@suncitykp.com).