

Long Term Study CARE Bulletin: January / February, 2010



Greetings from the staff at St. Elizabeth Women's Wellness Heart Center! We wish you a happy and healthy 2010! As a reminder, we are here to help you to set and achieve your resolutions for the new year! We also wish you and your loved ones a Happy Valentines Day!

## + EXERCISE:

Start your new year out right! Start out gradual (maybe 10 minutes per day) with a goal of exercising most days of the week for 30 minutes or more. Always consult with your health care provider before beginning a new exercise program. There are many benefits of exercise which include lowering your resting blood pressure and heart rate, lowering blood sugar, increasing circulation, weight loss and improving mental alertness and balance. Make sure that you warm up and cool down with every exercise routine. A well-balanced fitness program should include heart-pumping aerobic activity, stretching exercises for flexibility, and weight training to build, strengthen and tone muscles. You can do it in 2010!

## + NUTRITION:

Some healthy habits to follow in the new year:

~ Portion control: Even healthy foods can make you gain weight if you eat too much. A meat portion should be the size of the palm of your hand, and a serving of fruit, vegetable or grain is the size of your fist. Some studies show that decreasing plate size by 2" can decrease your caloric intake by 22%.

~ Eat more fiber: Eat fiber-rich foods, vegetables and grains. Aim for at least 5-6 servings of fruits and vegetables and 25 grams of fiber daily.

~ Watch your fat intake: Get your fat from heart healthy sources (fish, peanut butter, sunflower seeds, olive and canola oil) instead of butter, mayonnaise or lard. The American Heart Association recommends that 30% or less of your daily calories come from fat. Avoid saturated and trans fats, aim for mono-unsaturated fats and poly-unsaturated fats.

~ Drink more water, avoid sugary drinks.

~ Read food labels: Know what you're putting in your body.

~ Cut back on refined sugars: these include molasses, corn syrup, fructose, dextrose, maltose, honey, and maple syrup.

~ Watch the salt: Read labels and aim for less than 2400 mg (1 tsp) daily. Watch out - salt is hidden in foods, especially in canned goods, meal mixes and frozen meals.

~ Shop smart: Buy fresh fruits and vegetables, whole grains, low fat dairy products and lean meats.

---

+ AVAILABLE TO YOU THROUGH THE HEART CENTER:

TRYING TO HAVE A HEALTHY DIET? Attend a 1 hour Nutrition Class (Free to long term study participants, \$12 for non-study participants): Classes held every Thursday at 1 p.m. in the Women's Wellness Heart Center, and Thursday, February 18th at 6 p.m., also in the Heart Center. Call today to schedule: 301-6333

NEED A GIFT IDEA? Give a gift from the heart!!!.....Purchase a gift certificate for a Cardiac Risk Screening (call 301-6333), or for Holistic Health Services (301-5959).

MARK YOUR CALENDARS! The 2010 Women Take Heart Conference "Peace Within the Heart" is scheduled for Saturday, May 22, 2010 at Ft. Mitchell Country Club. Please join us for an energizing and educational morning workshop packed with information you need to create a healthy, balanced lifestyle! Topics covered include healthy eating, effective exercise, stress management, caregiver issues and the mind-body connection as it relates to wellness and a healthy heart. Enjoy a delicious breakfast and browse our vendors for information and items to warm your heart. It's going to be a great day, so don't miss out! For more information call (859) 301-6333.

**HAPPY NEW YEAR AND HAPPY VALENTINES DAY FROM THE ST. ELIZABETH WOMEN'S HEART CENTER!**

