



# LOVE Your Heart this February! Click on the red links below

Do your best to have a healthy heart! *The Heart and Stroke Foundation* recommends a number of tips for a healthy ticker! They state that 8 in 10 cases of premature heart disease and stroke are preventable through healthy lifestyle behaviors!

**Eat Well!** Follow [Canada's New Food Guide](#)! Have plenty of colorful vegetables and fruits! Enjoy whole grain foods. Protein is important for brain and heart and helps build muscle. Choose protein foods that come from plants more often. Choose foods with healthy fats. Limit highly processed foods. Limit sodium and sugars. Choose water as your drink more often. Learn how to read food labels. Eat mindfully – eat slower, pay attention to each bite, and take notice when you are full. Plan meals and involve others. Eat meals with others when you can. The Community Wellness Team offers a variety of programs and classes. Check out the Wellness [schedule of classes and events](#) for nutrition programs. *Craving Change* is a group program that helps us to learn to understand WHY we eat! It is NOT a typical diet program, but can help us learn healthy eating and food habits that WORK! Check out programs being offered [HERE](#)



**Get Moving!** Regular activity has so many benefits including reducing the risk of heart disease and stroke, prevents and controls risk factors such as high blood pressure, high cholesterol, type 2 diabetes,

osteoporosis, certain cancers, and obesity. It can help reduce stress, increase energy, improve sleep, and may help reduce falls and injuries. [ParticipAction](#) reported that Canadian adults received a "D" on a score card for overall Physical Activity. Sign up for their [healthy tips](#) for staying or getting active. Find a way to include physical activity in every day! Based on Canadian Physical Activity Guidelines, it is recommended that adults (18-64 years old) and older adults (65 years or older) accumulate at least 150 minutes of activity per week – the type of activity that makes you breathe harder and your heart beat faster (e.g., brisk walking, cycling, wheeling, cross-country skiing, swimming). It is also recommended to add muscle and bone-strengthening activities (e.g., weight or

resistance training) of major muscle groups at least 2 days per week. Everyone enjoys different forms of physical activity – find yours! Make *Active Transportation* a way of life when you can – park the car down the street and walk to your destination more often.

**If you smoke, work to reduce or quit.** Some people prefer to quit on their own. Some people benefit from a group program. Check out our group classes for [Commit to Quit](#) being offered in the region! A 6-session group program that will help you stop smoking and start living smoke-free:

- Increase your motivation to quit
- Find out about quit medications
- Set goals and make a change plan
- Practice some coping strategies
- Troubleshoot problems



**Manage your stress.** Everyone has stress! Stress can be okay for us if we can manage and are in control of it. Check out the Heart and Stroke Foundations [tips](#) for managing stress. Ask your Wellness Facilitator about programs you can access.