

# BODY ZONE “DOES YOUR HEART GOOD” WELLNESS CALENDAR

## February 2020— American Heart Month

A healthy heart is within everyone's reach. You know the rules: get active, eat more fruits and vegetables and keep blood pressure and cholesterol levels in check.

Use our Wellness Calendar as your heart healthy guide this month! Track the days you read a fact or completed a tip by circling that date. Submit this completed calendar to our 2nd floor wellness desk by March 1 for a chance to win a \$129 MYZONE Heart Rate Tracking Wearable! Learn more about MYZONE at Body Zone at [bodyzonesports.com/myzone](http://bodyzonesports.com/myzone).



**[bodyzonesports.com](http://bodyzonesports.com)**

This information does not substitute medical advice from a medical professional. Please check with your doctor before trying any new exercise or dietary changes.

**BODY  
ZONE™**  
Sports and Wellness Complex

# Do Your Heart Good!

## FEBRUARY 2020

**1 Get active.** Integrating physical activity into your daily life helps you maintain an ideal weight, reduces stress and creates a stronger heart. The American Heart Association recommends getting 30 minutes of moderate physical activity at least five times per week. Take a group fitness class, walk or run on the track or outside, or take a swim.

**2 Become a smart eater.** A well balanced, heart healthy diet is rich in fruits, vegetables, whole grains, low-fat dairy products and fiber. Limit the amount of cholesterol, salt and trans or saturated fats in your diet. Avoid processed and "fast foods", which contain hidden, empty calories.

**3 Know your numbers!** Free blood pressure screening from 8:30 - 10:30 am in our Aquatics Lobby by Power Kunkle Wellness Matters/Tracy Kowalski RN.

**4 Stop smoking.** This has major and immediate health benefits. The earlier you quit, the greater the benefits. Tobacco use increases blood pressure and leads to the narrowing of arteries.

**5 De-stress.** Meditate, take a yoga class, or get a massage. Learning proper breathing techniques in meditation and yoga, and flushing out toxins with massage are great for the circulation and oxygen exchange.

**6 Become social.** Keeping socially "fit" is proven to decrease stress, which can decrease the chance of heart disease. Join a club, or a special class, or jump into our fun Pickleball program.

**7 Swim.** It's a great way to burn calories and strengthen muscles with low-impact cardio.

**8 Pet therapy.** Take time during the day to enjoy your pet – take your dog for a walk, play with your cat, etc. If you don't have a pet, consider volunteering some time at a local pet shelter.

**9 Keep an eye on your weight.** Statistics from a National Health Education and Nutrition survey state that nearly one third of adults in the United States are obese. A simple formula for managing a healthy body weight really comes down to calories in and energy out. Find out how many calories you should consume in a day if you want to lose weight. Multiply your current body weight by 15 and get the number of calories you need to maintain your current weight. Eat less and exercise more to lose weight.

**10 Know the warning signs** of heart disease, stroke and heart attacks. 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, according to the American Heart Association.

**11 Buy and eat plenty of fresh or frozen fruits and vegetables.** Fruits and vegetables that are deeply colored – such as spinach, carrots, peaches and berries – tend to be higher in vitamins and minerals than others, such as potatoes and corn.

**12 Don't skip breakfast.** Most heart attacks occur between 7:00 AM and noon – possibly because the cells that help blood clot (platelets) are stickiest then. Eating breakfast appears to make platelets less sticky ... and less likely to clump together and block a vital artery.

**13 Get your tape measures out.** Just as you should know your blood pressure and cholesterol levels, it's also important to know your waist circumference when it comes to protecting your heart. Guidelines indicate that a high risk of heart disease and stroke starts when men's waistlines reach 40 inches and women's waistlines reach 34.65 inches.

**14**

**Happy Valentine's Day! Eat Chocolate.** Dark Chocolate has flavonoids, which not only taste great, but they can stave off heart disease, according to a study published in the American Journal of Clinical Nutrition. Also, Johns Hopkins has done some research that suggests dark chocolate can positively affect blood clotting.

**15**

**Don't "pass" on your physical.** If it's been more than a year since you've had a comprehensive physical exam, call your doctor. Screening is still one of the best prevention tools for heart disease.

**16**

**Rock on.** Listen to your favorite music at least once per day. Singing or dancing to your favorite songs helps decrease stress, burn calories, and promote happy thoughts.

**17**

**Whole grains** are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. You can increase the amount of whole grains in a heart-healthy diet by making simple substitutions for refined grain products.

**18**

**Pump it.** Aerobic activity isn't the only exercise that can benefit your heart. The American Heart Association recommends strength training to be part of your healthy heart routine, because it increases your muscle mass, which increases the number of calories you burn every day. Meet with one of our Certified Personal Trainers to start your weight training program.

**19**

**Have FUN.** Unwind your mind by being a "kid" for a day. Put on your ice skates and go skating, or try a game of Pickleball on our basketball court. Stress automatically decreases while you're having fun!

**20**

**Monounsaturated fatty acids (MUFAs)** may help lower your risk of heart disease by improving related risk factors. Fish, nuts (walnuts, almonds, pistachios), avocado, and olive oil are examples of Omega-3 fatty acids, which are healthy types of fat. Some research shows that MUFAs may also benefit insulin levels and blood sugar control, which can be especially helpful if you have type 2 diabetes.

**21**

**Know your numbers.** FREE blood pressure screening today 9:00-11:00 AM in the Aquatics Lobby. Know more than your blood pressure results. Be mindful of your cholesterol, triglycerides and weight. You want to understand your personal risk factors for heart disease and mark the progress you're making toward a heart healthier you.

**22**

**Spice it up.** Herbs and spices make food tasty and are also rich in health-promoting substances. Season your meals with herbs and spices rather than salt.

**23**

**Reign in the red meat.** Substitute poultry or fish for red meat. When eaten, make sure it's lean and keep portions small (about the size of a deck of cards). Go meat-free for a day, and eat plant-based, polyunsaturated fats, like olive oil, avocado, nuts & seeds, which have proven heart benefits.

**24**

**Pass on the butter.** Try olive or coconut oil as a healthy replacement for butter or margarine. Use it in cooking. After cooking pasta, add a touch of olive oil, some garlic and green onions for flavoring. Dip bread in flavored olive oil or lightly spread it on whole-grain bread for a tasty alternative to butter. Try tahini (blended sesame seeds) as a dip or spread for bread too.

**25**

**Try interval training.** Studies show that short, repeated bursts of intense cardio activity, followed by less intense activity (getting your heart rate up and down repeatedly), strengthens your cardiovascular system. Our new SPRINT class (High Intensity Interval Training on a bike!) is a perfect opportunity!

**26**

**Chest pain** doesn't always occur in the chest. With women, chest pain can actually occur in a number of places. Women can experience pain in the arm, back and even teeth that is actually associated with the heart. If you are experiencing abnormal pain, contact your physician.

**27**

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**28**

**Go to the dentist.** Professional cleaning appears to reduce inflammation-causing bacterial growth, which can lead to dangerous inflammation.

