



What You Do Matters

For Healthy Living in Eastern Maine Communities

www.WhatYouDoMatters.org

February 2010

February 5 is National Wear Red Day



Heart disease kills more women than men in the United States. February 5th is the day when women and men are encouraged to wear red as a reminder that heart disease is a real concern for women.

Visit www.GoRedForWomen.org to sign up for a FREE 12 week online nutrition and fitness program that can help lead you to a healthier heart. Talk on-line to people who are using this program to get healthy and share your story too. You can even take the Go Red Heart Check to learn your risk. It's free, only takes a few minutes and could save your life!

The 6 Most Important Things You Can Do For A Healthier Heart

- Avoid tobacco (even second hand smoke)
- Watch your weight (being overweight by 30 percent or more increases the risk of heart disease)
- Know your blood pressure and work with your doctor to treat it if it's too high
- Reduce stress
- Get active
- Lower cholesterol levels if they're too high



The thing to remember about your heart is that small changes in the way you live can make a big impact; today, tomorrow and for years to come.

February is American Heart Month

A healthy heart starts by knowing your numbers.

Do you know your:

- Blood Pressure?
- Cholesterol?
- Waist Size?

Knowing these three numbers is an important part of keeping your heart healthy. If these numbers are too high your chances of having a heart attack, heart failure, or other life threatening illnesses increase.

Women with a waist size over 35 inches and men with a waist size over 40 inches have increased risk for heart disease. Find out today. Ask your doctor to check these important numbers and if they're too high, make a plan to lower them.

What You Do For You

Sometimes the best thing we can do for ourselves is spend time with someone we enjoy. Spending time with friends and family who make us smile and feel more optimistic about life can really benefit our health. All the money in the world cannot replace good conversation, laughter and the feelings of support that come when we spend time with people who brighten our day and are interested in how we're doing. Make it a point each week to reach out to at least one of those people - whether by phone, e-mail, in person, or through a letter. The connection we build with others is a powerful healer. Say hello; you'll feel better and there's a great chance they will too.



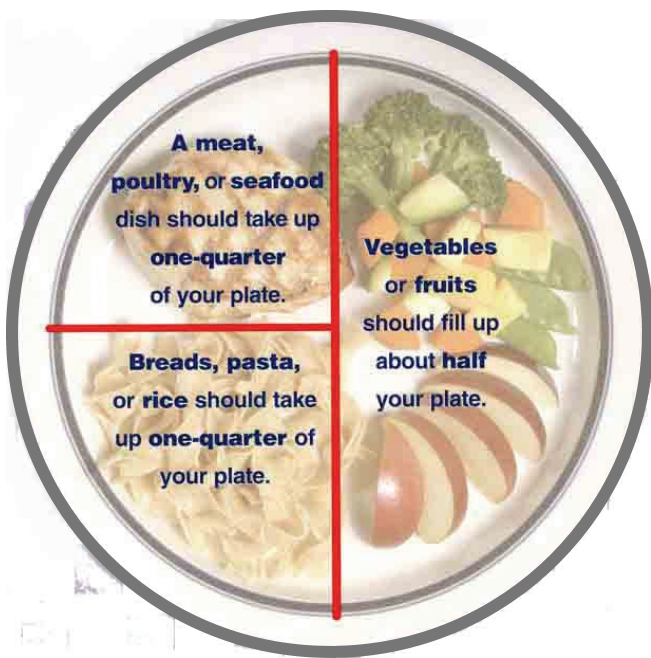
What Really Is The Best Diet For A Healthy Heart?

Fads and trends come and go, but the American Heart Association recommends the following 5 Steps to a Heart Healthy Diet.

- Eat a diet rich in vegetables, fruits, whole grains, and fiber.
- Eat fish at least twice a week.
- Limit how much saturated fat, trans fat, and cholesterol you eat. Only 30% of your daily calories should come from fat, with very little of that from saturated fats.
- Select fat-free, 1% fat, and low-fat dairy products.
- Reduce trans fats in your diet by cutting back on foods containing partially hydrogenated vegetable oils.
- Limit your salt intake.

One way to make sure that your diet is rich in fruits, vegetables, and fiber, and low in saturated fats, is to divide your plate at each meal. A healthy plate has the following portions:

- 1/2 vegetables
- 1/4 high-quality protein (legumes such as peas, beans and lentils)
- 1/4 fish or very lean meat



Parents Are the Greatest Influence

Many parents think drugs and alcohol are the greatest health threats to their children. Tobacco kills about 1,200 people each day; more than illegal drugs, alcohol, AIDS, and car crashes combined.

Despite peer pressure, the music, TV, and movies children are exposed to, parents are the greatest influence in their child's life.

You can use the following tips to prevent tobacco use in your family:

Start Early: Start talking to your kids about tobacco by age 5, and continue through high school. Discuss the health risks and how addictive tobacco is.

Use the Facts: Tobacco causes lung and heart disease, cancer, and stroke. Tobacco contains nicotine, one of the most addictive drugs known. Yellow teeth, bad breath, and smelly clothes make a smoker less attractive too.

Don't allow smoking in your home: Set strict rules and make sure family and friends follow them.

Talk about tobacco messages and ads: Smoking is made to look glamorous in movies, television, and ads. Don't let your child wear clothing or carry items with tobacco brand names.

Tell your children what you will do if you find they are smoking: Only the rules you enforce will matter. Always follow through to show that you are serious.

Get involved with the community: Insist that all public events and spaces be tobacco-free.

