

No More Achy Breaky Heart

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Gifts Your Valentine Will Surely Love

♥ Pre-paid date for 2 with a personal trainer, nutritionist, or a healthy conscious chef

♥ A week's gym sampler membership

♥ Pampering session at his or her favorite hair or nail salon

♥ Gift certificate for spa services—massage, facial, wrap or hydrotherapy

♥ Getaway where you can enjoy each other as well as yoga and exercise classes

Snack of the Month

Orville Redenbacher's Smart Pop
Kettle Korn

1 serv. = 1/2 the bag

Calories: 130
Fat: 2.5 g
Carbs: 28 g
Fiber: 5 g
Protein: 4 g



Your Heart is in Your Hands

February. What does that mean to you? Valentines? Roses? Cards? Chocolate?

February is also American Heart Month.— a time for us to learn more about heart disease and ways we can prevent it.

Heart disease is a number of abnormal conditions affecting the heart and the blood vessels in the heart. It is the #1 killer of men and women. Developing over time, heart disease is silent and deadly, but can be delayed or prevented.

Here are 4 simple ways to love your heart.

1. If you smoke, QUIT!

No amount of tobacco is safe. It contains over 4800 chemicals that damage your heart and blood vessels, which can ultimately lead to a heart attack.

2. **Get Moving!** Regular physical activity helps prevent heart disease by increasing blood flow to your heart and strengthening your heart's contractions so that your heart pumps more blood with less effort.

3. **Eat a Heart Healthy Diet!** Choose fruits, vegetables, whole grains, low-fat dairy and lean meats. Limit fats, sweets and

alcohol.

4. **Maintain a Healthy Weight!** Excess weight makes your heart work harder than normal, and it may lead to high blood pressure, high cholesterol and diabetes.

Be smart. Protect your heart so you can live a stronger, longer life. The power of your life is in your hands.



The red dress is the national symbol for women & heart disease awareness.



Sweet Idea?

Listen up all you chocolate lovers. Research has shown that dark chocolate has some beneficial health effects.

It contains minerals such as calcium, magnesium, phosphorus and potassium. It also contains compounds called flavanoids, (which are antioxidants)

that can decrease LDL (bad) cholesterol, reduce blood clotting, increase blood flow in the arteries, lower blood pressure, and improve mood.

Still, there are some health concerns associated with chocolate. It has caffeine which is an addictive stimulant that can contrib-

ute to headaches, anxiety, insomnia, heart palpitations, high blood pressure, digestive and urinary tract disorders. It's been linked to increase risk for kidney stones, acne, allergies, and dental cavities.

So, is chocolate still taboo food or is it good for you? You make the decision.