

Your Heart 2011

A Publication of Doctors Direct Healthcare, Inc.

TAKING STEPS TO GET HEART HEALTHY

SPECIAL POINTS OF INTEREST:

- **Eat for Health**
- **Move More**
- **Make Prevention a Priority**



QUICK BITES

1. **TOTAL LIPID PROFILE DONE TWICE YEARLY**
2. **AIM FOR LESS THAN 2400MG OF SODIUM A DAY**
3. **BP CHECK AT EVERY DOCTOR VISIT**
4. **GET MOVING EVERY DAY**
5. **IF YOU ARE TAKING A STATIN TO LOWER YOUR CHOLESTEROL, KEEP UP WITH YOUR BLOOD-WORK**
6. **CHOOSE FOODS THAT ARE LOW IN SODIUM**
7. **STOP SMOKING!**

FOOD IS YOUR FRIEND

Put your diet to work for you and get your heart on the fast track to wellness.

1. Go nuts! Almonds, cashews, hazelnuts, flax seed, pecans, sesame seeds, pistachios all contain healthy fats. Enjoy a handful 3-5 times a week!
2. Fill up with Fiber: soluble fiber in oats, rice, bran, barley and dried beans, can help lower cholesterol levels. Aim for 25-35 grams a day.
3. Satisfy your sweet tooth with dark chocolate, look for 60-70% dark chocolate varieties.
4. Avoid trans fats: consuming even a small amount of trans fat can greatly increase your risk of heart disease. Found in foods containing "partially hydrogenated" oil, it is the worlds unhealthiest fat!
5. Sip green tea: Iced or hot, green tea is packed with antioxidants that prevent plaque from forming on artery walls, relax the blood vessels and reduce the risk of heart disease. Brew and enjoy 1-2 cups a day.
6. Limit saturated fat such as bacon, beef, butter, full fat dairy, coconut oil, lard, palm oil and pork. Aim for less than 15-25 grams per day.
7. Choose whole grains: brown rice, oats, whole wheat and barley can lower cholesterol and improve heart health.

Questions? Please call us at 1-877-503-0388 opt 1, ask for Debbie, Kim, Carol or Stacie.

MAKE WELLNESS THE PRIORITY

Simple steps to care for your heart.

1. Get a checkup. Having those preventative screenings is really important!
2. Get moving! Physical activity is an important part of any heart health routine. Shoot for at least 30 minutes per day.
3. Slow down: Chronic stress exposes your body to higher levels of stress hormones that can raise blood pressure and contribute to weight gain.
4. Pump iron: strength training benefits more than your muscles. It can lower blood pressure, strengthen the heart and help it to beat more efficiently. Aim for 2-3 times a week.
5. Lose weight: dropping just 10% of excess weight can significantly improve blood pressure, cholesterol levels and overall heart health.
6. Laugh out loud: Studies show that laughing may protect your heart by improving circulation and blood flow.
7. Practice yoga: Research show that yoga can reduce blood pressure, improve arterial elasticity, regulate heart rhythm and increase heart efficiency.

8. Catch some sleep: if you average less than 8 hours of sleep a night, you could be putting your heart at risk. Getting restful sleep is a important part of heart health.

9. Pass on the salt: consuming too much sodium can elevate blood pressure and increases your heart disease risk.

10. Get to know your family history: Certain health risks are partly genetic, for example, if your father had a heart attack at a young age, you should start preventative care and screening sooner.

11. Cook at home: Home cooked meals are generally lower in fat, calories and sodium and higher in fiber and nutrients.

12. Go Fish: Salmon, tuna and halibut are rich in Omega-3 fatty acids which promote heart health. 6-8 ounces of broiled or baked fish each week will do your body a world of good.

In closing, it is never too late to start a healthy lifestyle. Implementing small changes like these can improve your heart health and the quality of your life.

Need help? Give us a call or visit us on our web site, www.doctorsdirecthealthcare.net for more education and resources!

We are here for you!



Keeping Your Heart Healthy is our Number One Priority!