

# Have a heart... a healthy heart

This February we're celebrating Healthy Heart month. We've put together some do's and don'ts to help you have a happy and healthy heart.

## DO's

- 1) Get aerobic exercise such as walking, biking, swimming, yoga, tai chi for at least 3 hours per week.
- 2) Keep stress levels as low as possible through exercise and techniques like meditation, reading, massage, painting, playing and listening to music.
- 3) Eat a low-fat diet rich in essential fatty acids, anti-oxidants, and fiber such as: whole grains, fresh fruits and vegetables, leafy greens, fish especially salmon, olive and canola oil, flaxseed and oil, nuts.
- 4) Learn to manage and release anger and hatred.

## DON'TS

- 1) Don't smoke cigarettes or expose yourself to second hand smoke.
- 2) Don't drink more than 1-2 alcohol drinks daily
- 3) Don't consume high amounts of sodium – watch out for nitrates and nitrites preservatives
- 4) Don't consume high fat and deep fried foods
- 5) Avoid being overweight for your height and age
- 6) Avoid a sedentary lifestyle

## **Some nutritional supplements that may help:**

**CoQ10** – known for its antioxidant properties. Also improves energy production in cells and helps to inhibit blood clot formation.

**Omega-3 fatty acids** – inhibits the development of plaque and blood clots, and treats high blood pressure, high cholesterol, and depression all of which can lead to heart disease.

**Garlic** – may prevent blood clots and destroy plaque. Also effective against high blood pressure, cholesterol, and diabetes.

**Antioxidants** – may help prevent atherosclerosis, particularly in the coronary arteries. May also lower cholesterol and weight.