

February is Heart Health Month

Approach Life from Your Heart



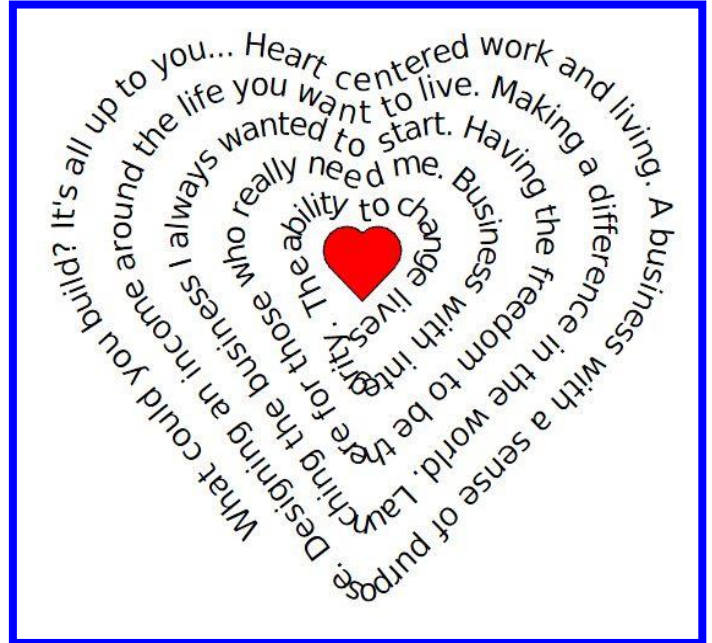
Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

Mayo Clinic's strategies for preventing heart disease:

1. Don't smoke or use tobacco
2. Exercise for about 30 minutes per day
3. Eat a heart-healthy diet
4. Maintain a healthy weight
5. Get enough quality sleep
6. Manage Stress
7. Get regular heart screenings

Nourish your Heart by Eating Healthy

- Fish high in Omega-3s
- Healthy nuts
- Berries
- Veggies/Fruit
- Dark Chocolate
- Oatmeal
- Less red meat
- Glass of red wine



Managing Stress will help keep your heart healthy

How can you manage your stress?

Just Breathe - Take three long deep breaths before you react to a stressful situation or if you just need to remain calm.

Move – Don't have time for a 90-minute Yoga class or time to get to the gym? Just do 3-4 yoga poses or take a walk around the block. You'll return refreshed and ready to tackle any project.

Show Gratitude – Remember the things you are grateful for. Your stress levels will decrease as you raise your vibration of gratitude. Feeling grateful will keep you calm and bring you peace.

Resource:

Dr. Dean Ornish – Prevention Medicine Research Institute
www.pmri.org

“The foundation of heart-centered living is love. Pure and simple. Therefore, when we embrace or step into heart-centered living, we are allowing love to be the guiding force for all that we think, say and do. We are moving out of fear-based paradigms and moving into love-based paradigms.” - Evita Ochel



Happy Valentine's Day from Stacey and Barbara
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