

Heart HEALTH— building healthier lives one day at a time!

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 proactively manage their overall wellness. Communities, health professionals, coaches and families can work together to create opportunities for long-term heart health so that you can lead happy, active lives.



*While many may assume that popping a few pills that your healthcare provider prescribed is enough to quell symptoms or prevent a heart attack, the real preventative power lies with real changes to your lifestyle. From nutrition and exercise to total body wellness, stress reduction, and minimizing exposure to toxins, we have you covered. **BE RESPONSIBLE** this month to make small changes which will make a BIG difference in your heart health. The Back 2 Normal team is here to support you on your journey to a healthy heart.*

EXERCISE: JUST MOVE IT

- **Get at least 30 minutes of moderate physical activity five times per week (like brisk walking).** This will lead to a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes. If you want to meet specific exercise or weight-loss goals, you'll need to ramp up your exercise.
- **Strength train a minimum of twice per week.** Building and maintaining lean muscle mass helps your body burn more calories, can help decrease weight, and increases stamina – all heart-friendly benefits. Pilates can help you create long, lean muscles and is great for body shaping and strengthening. Schedule a class at Back 2 normal to get started today.
- **Make it family fun.** Children need 60 minutes a day—every day—of physical activity, so find ways to workout with your kids to help ensure their heart health in addition to your own. Check out Baby Boot Camp for family filled exercise options. <http://www.babybootcamp.com>
- **Even brief bouts of activity offer benefits.** For instance, if you can't fit in one 30-minute walk, try three 10-minute walks instead. Other things add up like cleaning the house, working in the yard, doing laundry. What's most important is making regular physical activity part of your lifestyle.

NUTRITION: EAT BETTER

- **Heart healthy fats.** Not all fats are created equal. Monounsaturated and polyunsaturated fats are healthy fats because they do not raise the “bad” LDL cholesterol in your body and may actually help raise your “good” HDL cholesterol. Get noshing on monounsaturated fat containing foods such as avocado, almonds, walnuts, olives, and oils such as olive or coconut. Fatty fish like salmon, mackerel, trout and tuna are excellent polyunsaturated options high in Omega-3 fatty acids—known to help with inflammation. Foods high in “good” fats also tend to be higher in calories so consume mindfully. Opt for a handful of 10-12 nuts or 3 oz. of salmon (about the size of your palm).
- **Cut back on added sugars and salts.** Be aware of sugars and sodium lurking in processed and packaged foods, fruit juices, salad dresses, marinades, soups, even pasta sauces, cereals, and breads.
- **Eat fruits and vegetables every day.** Aim for 7-9 servings and an array of colors will give you the added benefit of various vitamins, minerals, antioxidants and phytonutrients for health and fighting inflammation.
- **Eat a fiber-rich diet.** Fiber rich foods including fruits and vegetables, whole grains, nuts, seeds, and legumes are great for your heart health and help reduce bad cholesterol. Ask our integrative health coach or “Like” our Facebook page for simple recipes and snacks to keep you full and healthy all day long.



STRESS REDUCTION

- **Yoga and Meditation.** Yoga and meditation are two practices that provide physical and mental benefits. They help you increase strength, control of body and breath, flexibility and mental clarity as well as decrease tension and stress levels, all of which lead to improved health and wellness. A regular yoga/meditation practice can help lower blood pressure, improve cardiovascular function, aid in weight loss and promote healing of the body. Check out the Back 2 Normal website for a list of restorative yoga/meditation classes. You don’t know what you’re missing.
- **Essential Oils.** dōTERRA essential oils can transform your mental and emotional wellbeing with a simple inhalation. There are many different oils to match and counterbalance your mood and stress level. Come join us at one of our dōTERRA Living Series classes to learn more.

QUIT SMOKING AND REDUCE ALCOHOL

- **Quit smoking.** Cutting out tobacco and smoke will greatly reduce your chance of heart disease.
- **Drink alcohol in moderation.** Go for red wine – it contains resveratrol (flavonoids), which have been shown to be helpful to heart health.

A healthy heart will help lead to a healthy long life. Schedule an appointment with someone on our team to learn new techniques to improve your heart health.

Thank you to Megan Kahn, our integrative health coach for sharing her knowledge in this months performance for life topic.

