

Health and Fitness **For The Busy Woman** BY VALECIA WEEKS, CPT, LMT



Heart Smart

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Ever heard the words “HEART SMART”? There’s nothing to motivate an individual more than the thought of having a heart attack or bypass surgery. Oh, that’s right...heart attacks only happen to the other person, never to us, right ladies? Not true. Until we ladies change our way of thinking and become proactive in preventing such a catastrophe as a heart attack, we CAN be the “other person.” For the most part, we shrug off the possibility of having heart problems because it is a gradual life long process that we can’t see. It just sneaks up on us.

The heart, about the size of our fist, relies on oxygen and nutrients to pump the blood through the arteries. When plaque builds up in the coronary arteries, it prevents those 2 things from getting to the heart and results in chest pains and eventually possibly a heart attack

Let's look at some "HEART SMART"

lifestyle changes that we as women can make in the first few days of 2012 to hopefully help prevent us from having that plaque build up in our heart arteries. There is a saying that indicates that it takes 21 days to create a habit. Make it your goal to do the following for at least 21 days to become proactive in taking preventive measures.

Get Healthy In 31 Days

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Relax and enjoy the new year	2 Go to your place of worship weekly	3 Get a check up from your doctor	4 Don't smoke. It raises your blood pressure	5 Workout consistently	6 Keep Cholesterol under 300 mg a day	7 Eat healthy fats eg. Nut oils
8 Reduce stress by talk therapy and exercise	9 Do 2 to 3 strength training sessions weekly	10 Dropping 10% body weight can improve heart health	11 Sipping green tea reduces plaque on artery walls	12 Eat 25 to 35 grams of fiber daily-oats, dried beans & apples	13 Have dessert. Dark chocolate helps prevent heart disease	14 Laugh. It may improve your blood flow
15 Try Yoga. It can improve the elasticity in your heart arteries	16 Foods to avoid: bacon,beef, butter,pork, lard	17 If you cannot make it to a gym, exercise at home. Can goods make great weights	18 Get cholesterol levels tested every 5 years after age 20	19 Getting at least 8 hours of sleep is important for a healthy heart	20 If you don't drink, don't start. If you do, limit alcohol to 1 glass weekly	21 Limit salt. Too much can raise blood pressure
22 Know your family health history so you can take preventive measures	23 Eat your home-cooked meals so you can control the ingredients	24 Take the stairs at work instead of the elevator for extra exercise	25 Slow, deep breaths can help conquer stress and high blood pressure	26 Eat fish – fish like salmon, tuna and halibut are rich in omega 3	27 Foods to eat: brown rice, whole wheat,barley, oats, anything brown	28 Get your heart rate up. exercise your fat. gym at least 3 x's w
29 Getting a relaxing therapeutic massage reduces stress	30 It's never too late to start a healthy lifestyle	31 consult your healthcare provider before trying any health regimen				

This calendar is just an example of modifications that should become a lifestyle change. Remember, it takes 21 days to form a habit. Use this calendar to help you form healthy habits that should last a life time. These 31 days can be practiced on a daily basis. So, ladies, let's start the New Year off RIGHT!