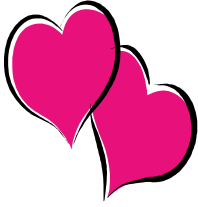


FEBRUARY 2015 - Nuggets
HEART AWARENESS MONTH



Heart Smart Tips:

Pick up pace - a fast walk is more beneficial than a leisure stroll

Measure up -- when your waist grows too much, your heart is at risk for heart disease

Check Yourself - monitor your blood pressure

Model good habits - eat well and exercise; your children will follow your example

Add new foods -- add more veggies, whole grains and non-meat protein into every meal

Size down - focus on small portions by using smaller plates and shorter glasses. Say “NO” to seconds

On the twist - Yoga may help lower blood pressure, cholesterol and improve circulation



Snooze more - Insomnia has been linked to heart disease risk. Talk with your doctor about how to improve your sleep routine

Possible Signs of a Heart Attack (can differ in women)

- **Pressure, squeezing, fullness, or pain in center of your chest**
- **Discomfort in one or both arms, the back, neck, jaw, or the stomach**
- **Shortness of breath**
- **Feeling nauseated or light-headed**
- **Breaking out in a cold sweat**

CALL 9 1 1 IMMEDIATELY	Have Chewable Bayer Aspirin (81mg) On Hand Take two and advise EMT
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FACT: Most people tend to wait too long in getting help or calling for an ambulance - **WHY?** Fear of embarrassment!

REMEMBER: **The life you save, may be your own.**

**Happy Birthday to all celebrating a February
Birthday. Check your Birthverse: www.birthverse.com**

Senior Ministries Director: Vivian Stevens

-- Comments, suggestions for upcoming Nuggets are welcome