

FEBRUARY 2013 Senior Nugget
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 the 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 advice EMT
-----------------------------------	--

FACT: Most 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**