

FEBRUARY 2014 SENIOR NUGGET

HEART AWARENESS MONTH



♥ Heart Smart Tips ♥

- ♥ **Pick up the 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 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 birth verse: www.birthverse.com

**MARK YOUR CALENDAR: SENIOR MINISTRIES CONCERT -
MARCH 1, 4 p.m.**

**Senior Ministries Director: Vivian Stevens
Comments, suggestions for upcoming Nuggets are welcome**