

February 2013



A Healthy Heart Is a Happy Heart

10 Tips To A Healthy Heart

1. Drop the salt:

To maintain a healthy blood pressure, stop using salt at the table and try adding less to your cooking, or cut it out completely.

2 Give up smoking:

Smoking is one of the main causes of coronary heart disease. A year after giving up, your risk of a heart attack falls to about half that of a smoker.

3 Eat oily fish:

Eat oily fish twice a week. Fish such as mackerel, sardines, fresh tuna and salmon are an excellent source of omega-3 fats, which can help to protect against heart disease.

4. Drink less:

Alcohol can be fattening. If you added three or four gin and tonics to your usual daily diet, you could put on nearly 2kg over four weeks.

5. Get your five a day:

Eat five portions of fruit and vegetables a day. Add dried fruit to breakfast cereal, and add vegetables to your pasta sauces, curries, etc.

6. Get moving:

Do 150 minutes of moderate-intensity aerobic activity every week. One way to achieve this target is by doing 30 minutes of activity on five days a week. Fit them in where you can, such as cycling to work.

7. Control your portion size:

How much you eat is just as important as what you eat. Overloading your plate, taking seconds and eating until you feel stuffed can lead to eating more calories, fat and cholesterol than you should. Portions served in restaurants are often more than anyone needs.

8. Select whole grains: Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health

9. Drink Green Tea:

This potent beverage contains several powerful antioxidants that lower cholesterol and may even lower blood pressure.

10. Carve Out Time for Sleep:

Every extra hour of sleep middle-aged adults can add to their nightly average reduces their risk of coronary artery calcification, a cause of heart disease, by 33%



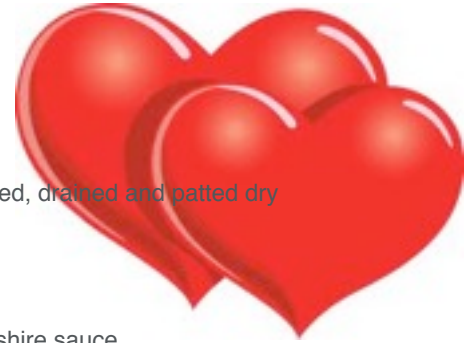
Heart-Healthy Recipes

Recipe: Sweet and spicy snack mix



Ingredients

12 cans (15 ounces each) garbanzos, rinsed, drained and patted dry
2 cups Wheat Chex cereal
1 cup dried pineapple chunks
1 cup raisins
2 tablespoons honey
2 tablespoons reduced-sodium Worcestershire sauce
1 teaspoon garlic powder
1/2 teaspoon chili powder



Directions

Preheat the oven to 350 F. Lightly coat a 15 1/2-inch-by-10 1/2-inch baking sheet with butter-flavored cooking spray. Generously spray a heavy skillet with butter-flavored cooking spray. Add garbanzos to the skillet and cook over medium heat, stirring frequently until the beans begin to brown, about 10 minutes. transfer garbanzos to the prepared baking sheet. Spray the beans lightly with cooking spray. Bake, stirring frequently, until the beans are crisp, about 20 minutes. Lightly coat a roasting pan with butter-flavored cooking spray. Measure the cereal, pineapple and raisins into the pan. Add roasted garbanzos. Stir to mix evenly.

In a large glass measuring cup combine honey, Worcestershire sauce and spices. Stir to mix evenly. Pour the mixture over the snack mix and toss gently. Spray mixture again with cooking spray. Bake for about 10 to 15 minutes, stirring occasionally to keep the mixture from burning. Remove from oven and let cool. Store in an airtight container.

DID YOU KNOW??

- 80% of Americans will suffer from back pain at some point in their lives.
- Back symptoms are the most common cause of disability for individuals under the age of 45.
- 20% of all American military medical discharges are due to low

back pain.

HEADACHES

- Every year, about 3.5 billion dollars is spent on headache medication
- 20% of all headaches sufferers have chronic, or recurrent, headaches

-Chiropractic treatment for headaches has been proven safe and effective, without the side effects of painkillers and other headache medications

