



(Not so) Secrets to a Healthy Heart

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Things Good for your Heart	Things BAD for your Heart
Cold pressed oils high in omega 3 fats	Inactivity
Fruits & Vegetables	Being Overweight/Obese
Physical Activity-Daily	High blood pressure
Stress management	Uncontrolled stress
Adequate sleep	Smoker (or 2 nd or 3 rd hand exposure)
Whole grains	Type 2 Diabetes
Vegetarian lifestyle	High LDL cholesterol
Faith in higher power. Trust in God	Family history early heart disease (before age 55)
Laughter	Being a Black American
Positive Attitude to life (PAL)	Unhealthy eating (SAD diet) High Sodium. Lots fried foods
Love and Sunshine (Vitamin D)	Too little sleep
Confession & Forgiveness from God	Stress of Guilt of past wrongs

Heart disease & stroke is the No. 1 killer in women. Over 40% of non-Hispanic blacks have high blood pressure. Know your numbers: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI).

V T I N Y V T S S X S P E L T
P Z L P E E P L H R R T I U
N A V A S M I G A V U U A O C
H X I R S C O P E S Q G P E C
E V O N E K E W S T E I K V I
A C I S P W N E P M A A R I I
R D N Z E G R I O J F B F L Z
T W F A M P B L P U K R L O A
B E R R D R E T H G U A L E B
U P T O U H E R B S T R E S S
R S O M R I E K O R T S J O T
N L H E A R T A T T A C K D L
B Z S N Q U X S H X C Y V I I
S R L R I S X A J N A H A U U
N I K T I Z O H Y R E Q M M G

FIND THESE WORDS

BLOODPRESSURE CORSET
FRUITS GUILT
HEART ATTACK HEARTBURN
HERBS LAUGHTER
MEN OLIVE OIL
OMEGA PAIN
PINK SALT SHAPEWEAR
SODIUM SPICES
STRESS STROKE
VEGETABLES WOMEN

DID YOU KNOW?

Waist cinchers, shapewear, trimmers, & corsets can actually raise your blood pressure, cause constipation, cause frequent urination, and weaken your abdomen muscles! They are also only to be worn 2-8 hours a day only- not 24/7.

Q: Are apples a superfood for heart health?

A: Yes. And so are the other thousands of fruits and vegetables. But good studies have shown that apples with the skin:

- Contain malic acid for a healthy liver (great for energy)
- Are high in fiber. Eat a small apple before a meal and you will feel full, eat less and lose weight quickly
- Pectin fiber lowers LDL cholesterol (bad boy)
- Contain ursolic acid which has been shown in mouse studies to increase calorie burn
- Contains quercetin which has been shown to improve lung function
- Good source of vitamin C (fewer colds)
- Contain antioxidant anthocyanins to lower risk of developing type 2 diabetes AND improves memory

Q: What are the best fruits and vegetable superfoods to eat for a healthy heart?

A: The ones you like the best without deep frying. Eat simple. Use herbs and spices to season.

FREEBIE: On **Valentine's Day**, MinuteClinic® - the retail walk-in medical clinic of CVS Health - will offer free heart health screenings at its more than 1,100 MinuteClinic locations nationwide to help you "Know Your Numbers". Find the Minute Clinic nearest you for your healthy heart check. You can even reserve your space in the line online. <http://www.cvs.com/minuteclinic/clinic-locator>



Visit the mobile training for Hands Only CPR

<https://www.youtube.com/watch?v=ZLrbG3doOe8&feature=youtu.be>

What are the stroke warning signs?

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Let's share our Take Back Tour story. EmPOWERED to Serve wants pictures and stories that highlight the positive efforts that are being implemented to positively impact the health outcomes in our community for a feature on our social media and webpage. Share your submissions on Facebook and/ or email it to us at empoweredtoserve@heart.org.

References

- National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention
- Go Red for Women <https://www.goredforwomen.org/>
- American Heart Association <http://www.heart.org/HEARTORG/>
- EmPOWERED.org

The Take Back Tour Health Ministry is the health ministry of the Philadelphia 7th Day Adventist Church in Burlington, NC. Visit us at www.thetakebacktour.com