



February 2015 Newsletter



Creating Community
Changing Lives



Every day is a chance to do
something good for your heart.

Top 10 tips for heart-smart eating

Choosing better-for-you foods & using heart-smart cooking techniques can help you control risk factors for heart disease, such as high cholesterol & elevated blood pressure.

Cook heart-smart. Choose cooking methods that use less salt and calorie-laden fat. Steam, bake, broil or grill instead of frying. Reduce salt by avoiding bouillon or salty broth (use water instead); add lots of herbs and spices to enhance flavour. **TRY:** Making your own salad dressing and sauces.

Choose whole grains. The fibre in whole grains like oats, quinoa, whole wheat and barley can help lower blood pressure. People who eat more whole grains have a 29 percent lower risk of heart disease compared to those who don't. Aim for 3-4 servings each day. **TRY:** No-stir barley risotto.

Nix trans fat. Linked to clogged arteries and high cholesterol, trans fat is a no-no for happy hearts. Even a small amount is harmful. While the use of hydrogenated oil with trans fat has declined, it may still be found in some cookies, crackers and baked goods. **TRY:** Reading Nutrition Facts labels and only choosing items with no trans fat.

Control your portions. The amount we eat has increased over the past two decades. Choosing smaller portions can help limit calorie intake, which helps with weight control; being overweight is linked with heart disease. **TRY:** Using smaller plates and bowls.

Cut back on sodium. More than 70% of Canadian adults exceed their upper limit of 2,300 mg of sodium per day, which raises the risk of high blood pressure. And more than 3/4 of that sodium comes from packaged foods. **TRY:** Cooking from scratch more often & comparing Nutrition Facts panels to choose products with less sodium.

Max out vegetables and fruit. With their heart-healthy combo of antioxidants, vitamins, minerals and fibre, getting at least six daily servings of vegetables and fruit is a winning idea. **TRY:** Starting meals with salad, snacking on fruit, and filling half your plate with vegetable side dishes.

Eat more beans. Legumes such as kidney beans, chickpeas and lentils are high in cholesterol-lowering fibre. **TRY:** Adding chickpeas or navy beans to salad, pasta and soup; throwing some in a blender with garlic, olive oil and lemon juice for homemade hummus; having edamame as an appetizer. **TRY:** Red beans & rice or Baked chickpea patties.

Cook from scratch. When you control what goes into your food, you can cook with less salt, sugar and fat, and add more vegetables and whole grains. **TRY:** Heart and Stroke Foundation recipes to get started.

Drink skim milk. Since getting two or three daily servings of low fat dairy products can help reduce blood pressure levels, it's important to have milk and yogurt in your diet. **TRY:** Sticking with low-fat options such as skim or 1% milk and yogurt.

Enjoy fish more often. The healthy omega-3 polyunsaturated fat found in fish may help decrease blood pressure and triglyceride levels, which helps lower heart disease risk. Aim for 2-3 servings (75 g) of omega-3-rich salmon, tuna, trout, sardines or mackerel each week. **TRY:** Enjoying salmon or tuna sandwiches or sushi.

Source: <http://www.heartandstroke.on.ca/site/apps/nlnet/content2.aspx?c=pv13leNWJwE&b=5063573&ct=11608369>

Vegan Cacao Raspberry Muffins - Makes 8 muffins

"Whip up a batch of these delightful cacao raspberry muffins and enjoy -without an ounce of guilt. There's no sugar added!" - Bianca Osbourne, TheVitalityKitchen.ca

Ingredients:

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|-------------------------|----------------------------------|---------------------------|---------------------|
| * 1 cup quinoa flour | * ½ cup raw cacao powder | * ½ tsp baking powder | * ½ tsp baking soda |
| * ¼ tsp salt | * 2 tbsp coconut oil, melted | * ¾ tbsp olive oil | * 1/3 cup raw honey |
| * ½ tsp vanilla extract | * ¾ cup chocolate coconut yogurt | * ¼ cup fresh raspberries | |

Instructions:

1. Preheat oven to 350oF and grease or line your muffin tins.
2. Sift together flour, baking powder, baking soda, raw cacao and salt; and whisk to combine.
3. In another bowl beat the coconut oil, olive oil and honey together for about 2 minutes, until it becomes frothy.
4. Gently fold in flour mixture in 3 batches, alternating with coconut yogurt; and then gently fold in raspberries. Be careful to NOT over mix the batter.
5. Spoon the batter in the prepare muffin tins to ¾ full; and place a raspberry on top. Bake for 25 minutes, or until a toothpick can be inserted and removed clean.
6. Remove from oven and allow to cool on a rack. Store in an airtight container for up to 1 week.

Source: http://www.canadiantire.ca/inspiration/en/playing/playing-sports-and-rec/everyday-healthy-habits.html?cid=KW-Google_Eclipse_Fitness-Support-2015_Health-Tips_EN&gclid=CM6pz5DehMMCFQpgMgod8UkAww#/inspiration/en/articles/everyday-healthy-habits/vegan-cacao-raspberry-muffins&groupId=sponsored



Lose those "Love Handles"

Knee Russian Twists:

Drop to your knees on the floor. Engage your abdominal muscles and slightly lean back, being sure to keep a straight back. Holding your arms up at your chest, twist the torso and the medicine ball from side to side.

Do as many as you can in 30 seconds.

Triangle Pose Side Lifts:

Stand with your feet 2-3 inches further than hip width apart. Keep your right foot facing forward and turn your left toe outward to the left. Keeping your hips facing forward, raise the dumbbell above your head (holding it with both hands). Drop your upper body to the left, shifting your weight and hips to the right. Keep your arms straight and don't let the weight drop below your head. Lift back up, returning to the top but keep the weight above your head. Do as many side lifts as you can in 30 seconds, then switch sides and repeat for another 30 seconds.

Medicine Ball Wood Chops:

Standing tall, with feet shoulder width apart, hold a medicine ball (or dumbbell) with both hands. Engage your core and reach ball straight over to one shoulder. Bring the ball downward in a quick chopping motion toward the opposite hip, while rotating through your obliques. Repeat 15x per side. For more of a challenge, perform move while balancing on a bosu ball.

<http://www.skinnymom.com/2013/05/03/7-moves-to-lose-your-love-handles/>



WOMEN OF ALL AGES NEED TO MAKE
HEART HEALTH A SERIOUS PRIORITY

51% of Canadian women are inactive (7,284,969)

17% of Canadian women are smokers (2,545,606)

17% of Canadian women have high blood pressure (2,513,529)

5.4% of Canadian women have diabetes (775,922)



Heart Attack in Women

Did you know that heart disease is the #1 killer of women?...and yet many women ignore the warning signs of a heart attack thinking the symptoms are a less serious condition like acid reflux, the flu or normal aging.

Know the warning signs

- * Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- * Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.
 - * Shortness of breath with or without chest discomfort.
 - * Breaking out in a cold sweat, nausea or lightheadedness.
- * Women are somewhat more likely to experience other symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Source: <http://www.momeomagazine.com/am-i-having-a-heart-attack-know-the-warning-signs-and-find-out-by-safetymom/>

20 Benefits of Walking

1. Helps with weight management
2. It's accessible to everyone
3. Doesn't require special equipment
4. One of the easiest ways to get more active
5. Reduces symptoms of depression and anxiety
6. It's a low impact exercise
7. Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
8. Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
9. Lowers blood pressure
10. Reduces the risk of some cancers
11. Helps reduce risk and aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain strong bones
14. Reduces the risk of heart attack
15. Less likely to lead to injuries
16. Reduces stress
17. Reduces risk of heart disease
18. You don't have to pay for it
19. Builds aerobic fitness
20. Helps maintain lean muscle tissue



Happy Valentine's Day

From All of Us at
FitnessWorks
for Women