

Welcome to L.I.F.E....

# L.I.F.E. Newsletter

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Issue 5

## Love Your Heart!



### **Still so much to do ...**

Heart disease and stroke are two of the three leading causes of death in Canada. It develops slowly over many years often without any visible symptoms. But there is a lot that can be done to prevent heart disease. To lower your risk consider starting by setting some achievable goals for both you and your family.

### **Show your *heart* you care.**

- 1. Get serious about sleep.** For every hour under the optimal 8 hrs. of sleep, the risk of high blood pressure can increase 37%.
- 2. Don't be a workaholic.** If you work 11 or more hrs. every day, you're 60% more likely to develop heart related problems than if you work 8 hrs.
- 3. Get moving.** A sedentary lifestyles doubles your risk of heart disease and stroke.
- 4. Investigate ED.** Erectile dysfunction (ED) is sometimes the first sign of cardiovascular disease.
- 5. Eat wisely.** Centre diet around fruits/veggies, whole grain, lean meats, legumes & nuts.
- 6. Manage your weight.** Your at a higher risk of cardiovascular disease if your waist is greater than 35" (female) or 40" (male).

### **Sit Less + Move More = Live Longer**

Research shows sitting for too many hours, even if you exercise regularly, can reduce your life expectancy. Get moving ... every step counts.

### **Secret ingredients every Heart Smart person should know about...**

**Antioxidants and Phytochemicals --** A diet rich in these has been linked with decreased risk of heart disease. You'll find these substances in citrus fruit (oranges, grapefruits, lemons & limes) dark green, red and orange vegetables (spinach, field greens, romaine lettuce, sweet potatoes, broccoli, carrots, squash, sweet peppers & tomatoes; soy products (soy beans, tofu); and tea.

**Omega-3 fatty acids --** These fats have been shown to decrease the fat in your blood. You'll find generous amounts of omega-3 fatty acids in 'fatty fish' such as salmon, trout, tuna, sardines and herring. They're also found in flaxseed, canola oil, soybean oil, walnuts and omega-3 eggs.

### **Be alert to heart attack symptoms ...**

If you have any new pain, pressure or heaviness in our chest, neck, jaw, throat, shoulders or arm, call 911 immediately!



email: [hslife@uwo.ca](mailto:hslife@uwo.ca)

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