

HEART HEALTH February 2012

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
If you did 20 minutes of stairs a day, 5 days a week, you're burning an additional 1,020 calories per week			1 Webster: <i>Dr. Santolucito's Heart Talk and Luncheon for the community</i>	2	3 GO RED DAY!!! <i>*Wear Red, donate to the AHA, sign up to walk!</i>	4
5 Join a gym or fitness club	6	7 Go for a walk Hop on a treadmill Go for a bike ride	8	9 Doing the stairs for an extra 20 min/day will burn an extra 200 calories	10 Charlton: Free Blood Pressure Clinic 10-12p	11
12 CAR Experience	13 DIAC A Change of	14 REHAB Heart...	15 Webster: Free Blood Pressure Clinic 10-12p	16 WE	17 EK	18 Find a partner, make some goals & plan events and activities together
19 Train yourself to get up 30 minutes early to fit in some exercise.	20	21 Make house chores count: do them at a pace that gets your heart pumping	22 Southbridge: Free Blood Pressure Clinic 1:00- 3:00p	23	24 Take trips to the zoo, park or go out for a hike with family or friends	25
26	27 Check your heart rate periodically when exercising.	28	29			

Coming Soon... 3/20: Heart Health Fair @ Harrington Hospital in Southbridge Lobby 10a-4p

5/5: Annual Central Mass Heart Walk: sign up and support!

HEART HEALTH March 2012

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1	2 Be active while enjoying TV: use hand weights, do pushups during commercials	3
4	5 Skip the elevator and take the stairs in your building	6	7 Manage stress in a healthy way	8 Park farther away at the store to give yourself a walk while getting things done.	9	10 Watch your blood pressure – have it checked regularly
11 Adult obesity & overweight levels continue to increase. 65% of adults are overweight	12	13 Take walks with your dog; they make great partners and protection	14	15 Schedule your physical activity; treat your workouts like any other meeting or apptm't	16	17 Go on walks before or after dinner
18	19 Nutrition and exercise are 2 essential ingredients in any recipe for a healthy heart.	20 Heart Health Fair Southbridge Lobby 10a-4p	21 Start a lunch time walking group	22	23 Take the stairs anytime you can	24
25 It's never too soon to start caring for your heart!	26	27 Park farther away at work to give yourself more distance to walk	28	29 Take fitness breaks	30	31 Heart Disease is our nation's #1 killer causing 40% of all deaths

Coming Soon...

5/5: Annual Central Mass Heart Walk: sign up and support!

HEART HEALTH April 2012

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 Manage stress in a healthy way	3 Taking the stairs will help boost your energy through the day	4 Amer. Heart Assoc. NATIONAL WALKING DAY	5 Buy healthy snacks such as fruits, veggies, nuts & unbuttered popcorn	6	7 Order sandwiches on whole grain bread, hold the mayo; try mustard instead
8 Eat heart-healthy foods	9	10	11 WEBSTER Free Blood Pressure Clinic in the Lobby from 10a -12p	12	13 While at work, schedule time in your day to walk up and down flights of stairs.	14
15	16 Well balanced fitness includes, aerobic activity, stretching, and weight training	17 Walk for wellness!	18	19 Consider using herbs, spices & lemon juice instead of salt	20	21 Small nutrition changes and exercise can add up to big benefits
22 Maintain a healthy weight	23	24 Within 1-2 yrs of quitting smoking, risk of coronary heart disease decreases substantially	25	26 Go to myplate.gov for helpful nutrition info	27 When food shopping, focus on the outside isles of produce, grains, seafood and dairy	28
29	30 Get adequate sleep					

Coming Soon...

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HEART HEALTH May 2012

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Take medications as prescribed	2	3 Warning signs of a heart attack: Chest/upper body discomfort, short of breath, cold sweat, nausea, lightheaded	4	5 Annual Central MA Heart Walk 2012!!!
6 Schedule regular check-ups	7	8 TOP 10 FOODS beans, berries, dark chocolate, flaxseed, nuts, oatmeal, olive oil, salmon, soy, spinach	9	10	11 Park farther away at work so you have a longer distance to walk	12
13	14 Skip entrees with stuffing or extra cheese	15	16 High blood cholesterol (240+) is a risk for heart disease	17 Walk for Wellness!	18	19 Go to myplate.gov For helpful nutrition information
20 It's never too soon to start taking care of your heart!	21	22 Skip the elevator and take the stairs instead	23	24 Train yourself to get up 30 mins. earlier to fit in some exercise	25	26
27	28 Make exercise a part of your daily routine	29 Do not smoke or use tobacco products in any form	30	31 Manage your stress in a healthy way		

5/5: Annual Central Mass Heart Walk

- * Come out and join Harrington HealthCare as we support heart health awareness and related research.
- * Sign-ups for walking will be available at all of our events, or on-line through the American Heart Assoc. website.
- * Our very own Dr. Paul Santolucito is the co-chair of the Central MA Heart Walk.

~ Hope to see you there! ~