



## Eat Smart, Move More for a Healthy Heart

- 1- Get Active- Most days of the week for 60-90 minutes.
- 2- Control Cholesterol
- 3- Eat Better!
- 4- Monitor Blood Pressure
- 5- Lose Weight
- 6- Stop Smoking

### Foods that Fight Heart Disease

\*Oily fish high in Omega-3 fatty acids (like salmon) can protect your heart.

\*Diets high in soluble fiber like steel cut oats can lower cholesterol.

\*Extra Virgin Olive Oil- EVOO- Monounsaturated fats help lower cholesterol

\*Berries- Can lower inflammation in the body

\*Broccoli, kale, spinach have anti-inflammatory and detoxifying properties.



**HRA's are March 29, 30, 31 GOOD LUCK!!**

**Highland Recreation Center @ Stanford Park**

To register for classes, please call Stephanie Drum @ 323-7404

City of Hickory Human Resources

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# February 2016 AMERICAN HEART MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
American Heart Month		Groundhog Day			GO RED DAY! 	Take a 20-30 min. walk
7	8 Try 3 minutes of stretching	9	10 Metabolic Synd. Class @ PS 7-830	11	12 Lincoln's Birthday	13
 Start your days off right with healthy breakfasts using lean protein, healthy fats.						
14 Valentine's Day	15 President's Day	16	17 Metabolic Syn. Class @ PS 7-830	18	19	20
Eat the Rainbow! Try to get in fruits/veggies of every color this week! 						
21	22 Washington's Birthday	23	24 Metabolic Synd. Class @ PS 230-3:30	25	26	27
Five servings of fruit/veggies at least one day this week. 						
28	29	t Loss Ideas 1- Cook at home. Eating out adds 200 cal./day. 2- Drink 16 ozs. of H2O before meals to shed lbs. 3- Healthy breakfast keeps metabolism high/curbs overeating. 4- Cut back on sodium. Salt can trigger overeating. 5- Sneak in exercise. Park further away. 6- Eat fiber 30 g/day.				