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## Heart-Healthy Valentine's Day Tips



### Tip #1 TAKE IT SLOW

If you were gifted with a box of chocolates from your sweetie, stick it in the fridge or freezer and enjoy in moderation.

### Tip #2 SPICE IT UP

Prepare a romantic candlelit dinner at home. Try cooking with healthier seasonings and avoid prepackaged mixes that may contain a lot of salt. Instead, add spice by using fresh hot peppers.

### Tip #3 EXPRESS YOURSELF

Consider a gift that has more permanence. Search for a poem that describes your feelings and write it on a beautiful paper or card to express your love.

### Tip #4 GIVE MORE LOVE

Give to one another by giving back. Ask a date to volunteer with you at a local charity. Giving back is a healthy habit that will boost your mood and beat stress.

### Tip #5 SPREAD THE LOVE

If your kids are having a Valentine's party at school, instead of sending candies, consider mini-boxes of raisins, or mini-bags of pretzels, pencils or stickers as tokens of their friendly affection.



Be Healthy, & Be Safe!

## MIAMI-DADE SCHOOLS POLICE DEPARTMENT

"Targeting Healthy Living"

# E-HEALTHY NEWSLETTER

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## American Heart Month

## THE NATIONS #1 CAUSE OF DEATH

**H**eat disease is the leading cause of death in the United States and is a major cause of disability, as reported by the Center for Disease Control (CDC). The most common disease in the U.S. is coronary heart disease, which often appears as a heart attack. It is estimated, about every 25 seconds, an American will have a coronary event, and about one every minute will die.

Although heart disease may be thought of as a



"man's disease," women account for nearly 50% of heart disease deaths.

A healthy diet and lifestyle are the best weapons you have to fight against heart disease. Many people make it harder than it really is. It is the overall pattern of daily food choices you make that counts. Be sure to cut back on beverages and foods with added sugars. Select and

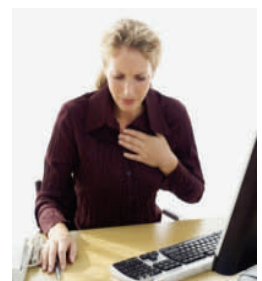
purchase foods lower in salt and sodium.

Physical activity in your daily life is an important step to preventing heart disease. You can take a few simple steps at home, at work and at play to increase the amount of physical activity in your life.

Tobacco smoke can cause health problems not only for smokers, but also for people around them. Even a brief exposure to second-hand smoke can trigger a heart attack.

## Know Your Signs and Symptoms!

- ◆ **Chest discomfort.** Most heart attacks involve chest discomfort in the center of the chest that last more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- ◆ **Discomfort in other areas of the body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- ◆ **Shortness of breath.** May occur with or without discomfort.
- ◆ **Other signs.** These may include breaking out in a cold sweat, nausea, or lightheadedness.



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