Cold-Weather Heartbreak

If you, or someone you know, have high blood pressure, consider hiring a few neighborhood kids to shovel your driveway.

Cold temperatures constrict blood vessels and cause blood to clot more easily. Throw in hypertension and demanding physical activity and you could have a recipe for a heart attack. To help protect yourself when you venture out into a deep freeze, layer up, avoid sudden exertion, and don’t drink alcoholic beverages beforehand. If you must engage in heavy outdoor labor, save it for the afternoon.  

Real Age Tip of the Day

100-Calorie Snack Packs

Are they a healthy choice for losing weight?

You bet. It is a portion controlled way to control mindless overeating, but the key is to stop at one. A snack that satisfies hunger and meets the daily dietary needs is the best bet of all. To fill yourself up, eat slowly and choose snacks that contain protein with healthy carbohydrates and fats.

Why not try one of these healthy snacks?
- Handful of tortilla chips and salsa
- “Skinny” latte, with low-fat or skim milk
- ½ peanut butter sandwich on whole-wheat bread
- 4-6 oz low-fat yogurt or yogurt treat
- Handful of unsalted or lightly salted dry-roasted nuts
- Pretzels and low-fat cheese
- 100-calorie ice cream treats
- Raw vegetables with ¼ cup low-fat ranch dressing
- 1 oz of lean meat and a few whole-grain crackers

WebMD, Beyond Snack Packs

National Heart Month

Go Red For Women

Here’s a statistic for you:
While heart disease and stroke kill one in every 3.7 men, one in 2.4 women lose their lives to heart disease and stroke. They are the No. 1 and No. 3 killers of women. By way of comparison, breast cancer kills one in 29 women.

Perhaps ever more staggering is the fact that a majority of women don’t know how deadly heart disease and stroke are. That’s why the American Heart Association is celebrating National Heart month with a series of Go Red For Women events.

Go Red For Women
The Go Red For Women campaign funds research around women and heart disease and stroke. It empowers women with knowledge and tools so they can take positive action to reduce their risks of heart disease and stroke and protect their health. Go Red For Women began in February 2004, and has since grown into a vibrant national movement as more women, men, celebrities, healthcare professionals and politicians embrace and elevate the cause of women and heart disease.

The movement gives women tips and information on healthy eating, exercise and risk factor reduction, such as smoking cessation, weight maintenance, blood pressure control, and blood cholesterol management.

For more information go to www.goredforwomen.org

Excerpts from the American Heart Association

Dental Hygiene and Sugarless Gum
Chewing sugarless gum helps increase saliva and washes out food and acid between brushings. For tips on how to brush and floss properly, visit www.adha.org. AREUFIT Health Services, Inc.