

February 2008

# Making the difference

New York Statewide School Health Services Center

## School Health Services E-Newsletter



### Tips for Women's Heart Health

- ♥ Don't smoke, and if you do, quit. Women who smoke are two to six times more likely to suffer a heart attack than non-smoking women. Smoking also boosts the risk of stroke and cancer.
- ♥ **Aim for a healthy weight.** It's important for a long, vigorous life. Overweight and obesity cause many preventable deaths.
- ♥ **Get moving.** Make a commitment to be more physically active. Aim for 30 minutes of moderate-intensity activity on most, preferably all, days of the week.
- ♥ **Eat for heart health.** Choose a diet low in saturated fat, trans fat, and cholesterol, and moderate in total fat.
- ♥ **Know your numbers.** Ask your doctor to check your blood pressure, cholesterol (total, HDL, LDL, triglycerides), and blood glucose. Work with your doctor to improve any numbers that are not normal.

## Exercise

### Sneak Exercise Into Your Day!

- Take the stairs instead of the elevator.
- Go for a walk during your coffee break or lunch.
- Walk all or part of the way to work.
- Do housework at a fast pace.
- Rake leaves or do other yard work.

### Making Exercise a Habit

Stick to a regular time every day.

Sign a contract committing yourself to exercise.

Put "exercise appointments" on your calendar.

Keep a daily log or diary of your activities. Check your progress. Can you walk a certain distance faster now than when you began?

Or is your heart rate slower now?

Ask your doctor to write a prescription for your exercise program, such as what type of exercise to do, how often to exercise and how long. Think about joining a health club. The cost gives some people an incentive to exercise regularly.

### Benefits of Regular Exercise

- ♥ Reduces your risk of heart disease, high blood pressure, osteoporosis, diabetes and obesity
- ♥ Keeps joints, tendons and ligaments flexible so it's easier to move around
- ♥ Reduces some of the effects of aging
- ♥ Contributes to your mental well-being and helps treat depression
- ♥ Helps relieve stress and anxiety
- ♥ Increases your energy and endurance
- ♥ Helps you sleep better