



Creating Solutions, Changing Lives!



Healthy Lifestyles!

HEALTHY HEART MONTH RECOGNIZED IN FEBRUARY

Reducing sodium in your diet

It is estimated that if Americans cut their average sodium intake by more than half – to an average of 1,500 milligrams a day – there would be a nearly 26 percent decrease in high blood pressure and a savings of more than \$26 billion in healthcare costs over just a year.

Are you eating too much of the "Salty Six"? During National Nutrition Month, learn how the excess sodium in these foods can increase your risk for heart disease and stroke.



You can change your taste for salty foods one week at a time.

Find out how at heart.org

The American Heart Association recommends foods with little or no salt to reduce the risk of cardiovascular diseases.

Aim to eat less than 1,500 mg of sodium per day.

Easter Seals New Jersey
Healthy Lifestyles
February 2013 | Heart Health

Important Dates to Remember:

- **February**
Healthy Heart Month
- **March**
National Nutrition Month
- **Sat 5/11**
Walk With Me 2013
- **Sat 5/25**
World Thyroid Day



Register TODAY at walkwithme.org/nj!

Or for more info, contact Michelle Kasper, Special Events Manager 732/955-8368

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Visit eastersealsnj.org/whoweare

WHAT CAN YOU DO TO STAY HEART-HEALTHY?



- ♥ Having close relatives with heart disease can increase your risk for heart disease as you age. Review family health history with your physician to understand your risk for heart disease. This can impact screening recommendations.
- ♥ Early detection and treatment of Familial Hyperlipidemia (FD) – a common genetic disorder which causes elevated levels of LDL - Low Density Lipoproteins (bad cholesterol) can help reduce the risk for coronary heart disease and death in persons with the disorder.
- ♥ Physical activity may help to prevent heart disease by improving cardiovascular endurance, promoting weight management, decreasing waist circumference, and reducing stress.

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Surgeon General's Call to Action!

Improve the Health and Wellness of Persons with Disabilities

"With the recognition that disability is not an illness, the emphasis increasingly is on continuity of care and the relationship between a person with a disability and their environment.

This approach is based on the knowledge that good health means the same thing for everyone, and that the best possible health status and quality of years of life should be a goal for everyone, whether experiencing a disability or not."



Helen, a program participant at Easter Seals NJ's Raritan Valley Workshop, began participating in the Easter Seals **Be Well! & Thrive Health and Wellness Program** in 2011. The program is designed to educate and provide tools for our participants, their caregivers, and our staff to make healthy lifestyle choices.

Initially Helen was not ready for change and it took a little while for her to modify her diet. Now, she now includes fruit in her lunch instead of packaged snacks and always drinks water with her meals.

Helen recently shared with us that she now enjoys walking to the grocery store or her sister's house. She previously took a taxi everywhere, even if it was just a few streets away. Her walks have improved her energy and she is feeling good about herself.

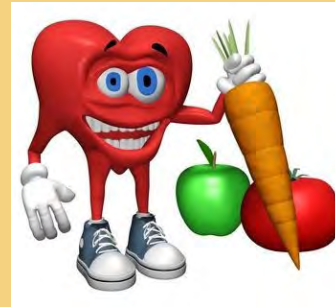
It was a slow start but the physical changes have become apparent as she continues to lose weight.

One person at a time, we are working to improve the quality of life for our program participants through healthy lifestyle education! ♥

Deliciously Healthy Eating

Eating delicious heart-healthy foods is not as expensive or complicated as one might think. Once you get in the habit of making healthier selections, it becomes part of your normal routine - just like any other good habit!

The National Heart, Lung and Blood Institute has a web page dedicated to healthy eating that appeals to all budgets, taste preferences and cultural backgrounds.



Keep the Beat Recipes: Deliciously Healthy Eating Web Site features more than 100 recipes created for the National Heart Lung, and Blood Institute (NHLBI) of the National Institutes of Health. <http://hp2010.nhlbihin.net/healthyeating/about.aspx>

Know the Facts!

Certain disabilities, conditions, and medications affect the heart rate.

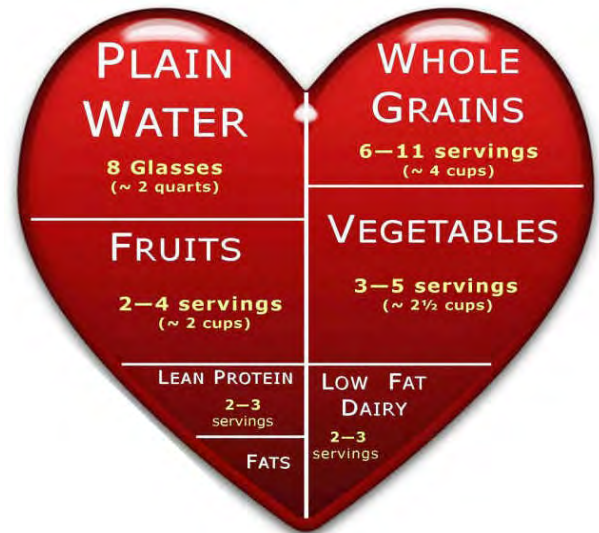
Though exercise is an important part of a healthy lifestyle, physical safety should always be the priority when starting an exercise program.

It is extremely important to seek advice from a physician to establish what activities are safe to perform.



IN THE NEXT ISSUE:

How to improve your health with nutrition and preventive screenings ♥



Walk/Run/Volunteer for children & adults with disabilities

Register TODAY
walkwithme.org/nj

Or for more info, contact Michelle Kasper, Special Events Manager
 732/955-8368 | mikasper@nj.easterseals.com