

FEBRUARY IS HEART MONTH

Did you know...

Heart disease is the

2nd



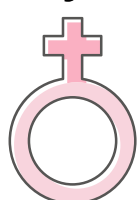
leading cause of **death** in Canada

Heart disease affects men and women differently

Men are **2 times** more likely



to suffer a heart attack than **women**



1 out of 12

Canadian adults age 20 and over live with diagnosed heart disease



Referenced from: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/heart-disease-canada.html>

How can you reduce your risk?

GET ACTIVE

Aim to complete 150 minutes of moderate intensity exercise per week (walking, jogging, cycling, swimming)

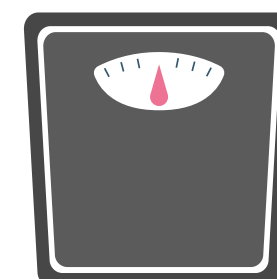


EAT A HEART HEALTHY DIET

Incorporate fresh fruits, vegetables whole grains and fish into your diet. Limit intake of sodium, sugar and saturated fats.

MAINTAIN A HEALTHY WEIGHT

Target a body mass index (BMI) of 18.5 to 24.9.



QUIT SMOKING

Talk to your pharmacist for tips and strategies to help you quit!

Learn how to love your heart in 28 days

Follow the calendar's daily tips to develop healthy habits that will help reduce risk of cardiovascular disease

 Day 1 Call/Message a friend to join you on your heart journey!	 Day 2 Drink between 6-8 glasses of water	 Day 3 Measure and record your blood pressure. Talk to a health care provider about an appropriate goal.	 Day 4 See how many squats you can do in 1 minute	 Day 5 Learn how to read the sodium content food labels (Aim for foods with sodium less than 120mg)	 Day 6 Stretch for 10 minutes to improve flexibility	 Day 7 Get a measurement tape and record your waist size. Set a goal for <102 cm in men and <88 cm in women
 Day 8 Calculate your BMI using an online calculator and set a goal for <25 kg/m2	 Day 9 Skip a pre-frozen meal and take out, make a heart healthy meal at home instead	 Day 10 Try a mindful meditation session for 10 minutes	 Day 11 March in place for 5 minutes. Do 5 sets with 20 seconds of rest	 Day 12 Replace refined grains with whole grains (whole grain pasta, bread, rice)	 Day 13 Stay well rested. Aim for 7-9 hours of sleep.	 Day 14 Protect a loved one's heart. Encourage them to walk with you for 30 minutes
 Day 15 Call a family relative and inquire about your family health history	 Day 16 Replace sugary sweets with fruit and opt for low fat/fat free food options at the grocery store	 Day 17 Practice self care today. Spend at least 20 minutes doing a favourite hobby	 Day 18 Dance to your favourite music for 20 minutes	 Day 19 Replace any alcohol servings with a non-alcoholic cocktail or water today	 Day 20 Learn the 8-4-7 deep breathing technique for stress (Exhale deeply for 8s, inhale through nose for 4s, hold breath for 7s, repeat)	 Day 21 Do 10 sets of 1 minute of jumping jacks with 1 minute in between
 Day 22 Talk to your local health care provider to learn more information about smoking cessation	 Day 23 Replace your desk chair or seat while watching TV with an exercise ball for 30 minutes	 Day 24 Try the core challenge: Plank for 10 seconds, 10 sit ups, 10 crunches, Do 5 sets with 15s rest	 Day 25 Take a 30 minute walk outside	 Day 26 Go vegetarian for a day	 Day 27 Try the jump rope challenge: Jump rope 100 consecutive jumps, repeat 10 times to strengthen your heart and lungs	 Day 28 Reflect on your personal improvement. Tell a loved one about your accomplishment!