

Highlight on Health

February is Heart Health Month

An Emmons County Public Health Unit Publication



The importance of staying Heart Healthy



Important Dates

Wear Red Day  
February 3<sup>rd</sup>

National Women’s Physician Day,  
February 3

Phlebotomist Recognition Week  
February 13-17

International Epilepsy Day,  
February 13

Duchenne Muscular Dystrophy Awareness Week  
February 13-19

Valentine’s Day  
February 14

Cardiovascular Professionals Week  
February 14-20

National Caregivers Day  
February 17

National Eating Disorders Awareness Week  
February 23-March 1

February is not just about spreading love from the heart on Valentine’s Day but taking care of it daily.

Heart healthy starts first with managing a cardio diet which consists of more than eating Cheerios because of the soluble fiber from whole grain oats that are supposed to help lower your cholesterol. The good news is that you can eat various foods to maintain a cardiac diet.

Berries are one category that falls within the guidelines. Eating blueberries and strawberries are foods that help make up a healthy diet. Food can either be hot or cold; for instance, a hot whole-grain meal such as oatmeal without added sugar is tasty and nutritious while maintaining a cardiac diet.

Did you know that a good cardio diet isn’t just stricken to one thing?

Fruits, vegetables, and even dairy can count towards a heart-healthy diet. The only catch is to ensure it’s fresh. If you’re using canned vegetables, remove salt or select those without it.

Meats and proteins are also a part of the cardio diet. Remove the skin from chicken or turkey breast.

Salmon contains mega-3 fatty acids, which could lower the risk for having a lower heartbeat.

Ground chicken or turkey needs to be at least 93% lean.

Lean meats consist of pork shoulder, beef sirloin, and ground beef. Other protein sources are beans, peas, lentils, eggs, and unsalted seeds.

If you are curious about what beverages fall within the cardio diet, there are plenty. If drinking water, it should be plain and have fruit added. Sparkling water, coffee, and tea also count towards the diet.

When shopping, read labels and look for foods that will help you maintain your diet.

Grains such as baked goods like cakes, cookies, muffins, doughnuts, and pastries should not be eaten frequently.

Fried vegetables and fruits should be limited, and ice cream, full-fat cheese, and whole 2% milk violate the diet if heavily consumed.

Alcohol and drinks with sugars are beverages to avoid.

These adjustments may take some time to get used to, but with February being a short month, it’s just enough time to start practicing these good habits and establishing a routine.

In addition to maintaining a well-balanced diet, it is also essential to exercise.

Did you know that your heart becomes more robust with routine exercise? It’s never too late to start, and if you don’t participate in physical activity, your chances are high in developing heart disease compared to those who exercise routinely.



There are many types of exercises that can be done to boost your heart health.

Staying physically fit puts you closer to good heart health; it strengthens the heart muscle, keeps your weight under control, and wards off any artery damage from high cholesterol, high blood sugar, and high blood pressure, which could result in a heart attack or stroke.

Exercising should be done at least 30 minutes a day.

Every exercise is different, but all are beneficial.

Three exercises for good heart health have been chosen: Aerobics, resistance training, and stretching.

Aerobics exercise improves circulation, which results in lowered blood pressure and heart rate; it also reduces the chance of type 2 diabetes and helps to control blood glucose.

Resistance training affects body composition, especially for people with excessive body fat, which puts them at risk for heart disease. Exercising will help with tackling fat and helps to have good cholesterol.

Stretching also counts as a workout but won't contribute to heart health; it benefits musculoskeletal health, which enables you to stay flexible and free from joint pain, cramping, and other issues.

With technology at our fingertips, there are many ways to find videos to help with aerobic exercise, resistance training, and stretching. Just Google or YouTube to find the best fit for you.

## Healthy Baby Clinic

### Emmons County Public Health

118 E. Spruce Ave. Linton, ND

701-254-4027

#### Services offered:

- Newborn through 3 years old
- Height/weight checks
- Car seat checks
- Breastfeeding help
- Ear checks and Tympanograms
- Immunizations

\*All services free, immunizations billed to child's insurance.

#### Open to all children:

#### When:



- 1st Monday of the month- 12pm-4pm
- 3rd Thursday of the month - 2pm-6pm

No



appointment  
necessary!