



American Heart Month

February is American Heart Month – a time to focus on cardiovascular health. Heart disease is the leading cause of death in the United States, but there's a lot you can do to prevent it. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals help your heart. Self-care for your heart is really self-care for your whole body. You can improve and protect your overall health when you:

- Get a daily dose of physical activity, such as a brisk 30-minute walk.
- Cook meals that are low in sodium and unhealthy fats.
- Take your medications as prescribed and keep your medical appointments.
- Sleep 7-8 hours a night.
- Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

Self-care includes being patient with your body. You may not see or feel the results of your efforts right away. But small steps can lead to big progress. When we take care of our hearts as part of our self-care, we set examples for others to do the same. Visit hearttruth.gov for resources and tools to help you and your loved ones make heart-healthy lifestyle changes. Source: www.nhlbi.nih.gov

From Our Cookbook:

Strawberry Milk

Ingredient List

- Milk of choice
- Freeze-dried strawberries

<https://fruitsandveggies.org/recipes/strawberry-mil>



Exercise Videos for Building Your Abilities

While leafing through a recent (wonderful) newsletter from the St. Louis Chapter of the American Parkinson Disease Association, we learned about their new Building Your Abilities video series. The series features 10 videos (each about 10 minutes long) that focus on common challenge areas for individuals with Parkinson's Disease, as well as many older adults in general.

Current Videos Include:

- Getting up from Your Chair
- Head to Toe Warmup
- Cognitive Challenges
- 3 Exercises to Improve Your Coordination
- 5 Balance Exercise to do at Your Kitchen Counter
- Hand Exercises

Visit <https://www.apdaparkinson.org/community/st-louis/resources-support-stl/exercise-classes/building-your-abilities/>

Source: www.apdaparkinson.org/greaterstlouis

Note from Scheduling

Please notify the office whenever there will be any change to your schedule.