

THINK **act** be healthy



February is **Heart** Month

High blood pressure is a serious threat to the health of all Canadians. It is the number one risk factor for stroke and a major risk factor for heart disease. Many may have it and don't know it because the condition often produces no symptoms, get your blood pressure checked today!

The best way to prevent high blood pressure—and to manage the condition if you have it—is to make healthy lifestyle choices.

The Heart and Stroke Foundation recommends these simple steps:

- Maintain a healthy body weight
- Eat a healthy, well-balanced, diet that is low in fat
- Reduce the amount of salt you consume
- Participate in regular physical activity
- Limit your alcohol intake
- Take time to relax



If you have any questions about high blood pressure or if there is anything you don't understand about your medications, stop by the pharmacy and ask your PROfile Pharmacist.

For more information on Heart Health visit our Think Act Be Healthy Library at www.mhcsibenefits.ca

Food for Thought...

Sobeys Dietitians Have a World of Healthy Ideas for You

Cooking For Your Heart

Many risk factors for heart disease are influenced by what you eat. You can help lower your risk of heart disease by making small changes to your shopping, cooking and eating habits.

Reduce Saturated and Trans Fat

Your most important goal should be to reduce saturated and trans fat when buying and cooking foods.

- Choose lean meat such as strip loin beef, pork tenderloin or lean ground beef.
- Trim the visible fat from your meat and remove the skin from poultry.
- Limit snack foods, baked goods and packaged items
- Avoid hard margarine, shortening, lard and butter.
- Use healthy cooking methods such as baking, broiling or grilling.
- Drink skim or 1% milk and select lower fat milk alternatives.

Body & Mind

Reduce stress with the Sparkle Formula

- S** – Sleep well
- P** – Plan every day
- A** – Anticipate less
- R** – Relax
- K** – Keep anger under control
- L** – Laugh
- E** – Eat well and exercise

Source: <http://www.getmoredone.com/tips8.html>

Your PROfile Pharmacist has many health education resources and is always available to discuss your health concerns!



Completed Your Online Personal Health Risk Assessment Yet?
Go to www.mhcsibenefits.ca

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