



Join in on the fight against heart disease this Friday (Feb. 6) by showing off your red color. February is American Heart Month, and by wearing red this Friday for **Go Red for Women Day**, you can show your support against heart disease and stroke. In honor of American Heart Month, the American Heart Association has created a national Wear Red Day to raise support and awareness against this disease.

Take the **Go Red Heart Check Up** and receive a personal action plan for living heart smart.

http://www.goredforwomen.org/login_for_heartcheckup.aspx

Learn how to be heart healthy at any age

http://www.goredforwomen.org/heart_healthy_at_any_age.aspx

According to the Center for Disease Control and Prevention, heart disease is the leading cause of death in the United States for both men and women. Heart disease is the leading cause of death in Iowa as well, and in 2005 Iowa was ranked 28th in heart disease related deaths. What you do during your middle years (age 45-65 years) sets the stage for the rest of your life. A healthful diet and regular exercise should be your main focus.

Here are some heart-healthy tips:

- 1.) Schedule a physical with your doctor-ask about whether you need a vitamin D supplement and if you are not a fish eater about a fish oil supplement
- 2.) Have a cholesterol screening performed-know your numbers!
- 3.) Know your blood pressure levels-watch for screenings held on campus
- 4.) Quit smoking-check out your resources
http://www.hrs.iastate.edu/benefits/smokingCessationResources_rev1.pdf
- 5.) Get 30 minutes or more of moderate activity daily (this can be broken into shorter time units)
- 6.) Eat more fruits and vegetables (aim for 5-9 servings/day)

- 7.) Substitute whole grains for the refined grains in your diet (100% WW bread, oatmeal, brown rice, popcorn, whole grain pasta, barley)
 - 8.) Eat fish 2 times per week—ideally those higher omega-3 fats (wild salmon, herring, sardines, tuna)
 - 9.) Learn strategies to reduce and manage your stress—come to a Wellness Workshop on this topic on Feb. 18 at noon in Curtiss Room 8
- Call 4-9625 or e-mail Sally at barclay@iastate.edu to reserve a seat

Additional heart healthy info:

<http://www.americanheart.org>

<http://www.webmd.com/>

<http://www.mayoclinic.com/health/heart-disease/DS01120>

<http://yourtotalhealth.ivillage.com/heart-health/>

If you wish to make some changes in your lifestyle, its not too late to join “Live Healthy Iowa”, and assist in helping make Iowa an overall healthier state. Sign up by visiting <http://www.livehealthyiowa.org>

If you want help in developing a heart healthy living plan, contact Sally to set up one of your FREE individual nutrition counseling appointments 4-9625 or barclay@iastate.edu

Sally Barclay, MS RD LD
Nutrition Clinic for Employee Wellness
Iowa State University
36 MacKay Hall
Ames, IA 50011
(515) 294-9625
barclay@iastate.edu