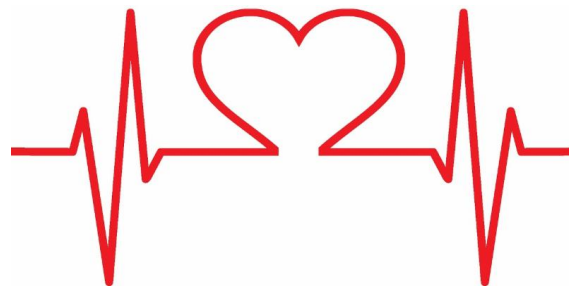




February 2018

Healthy Hearts



February is American Heart Month! American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. [Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.9 million deaths each year.](#) But prevention techniques and proper medical care can help change that number! This month's issue will be full of helpful information from The American Heart Association such as:

- The many ways to keep your heart healthy through proper nutrition and eating clean
- How to manage stress and ward off negative thoughts
- How to spot warning signs of a heart attack, stroke, and cardiac arrest

Healthy Eating



So you want to eat CLEAN?



With so much conflicting information out there, how do you know what healthy eating really looks like? Let's clear up some of the myths about eating clean.

What does healthy eating look like?



VEGETABLES



FRUITS



WHOLE GRAINS

Myth

Only fresh fruits and vegetables are healthy.

Fact

A healthy diet can include fresh, frozen, canned and dried produce.

Myth

All processed foods are bad and full of chemicals.

Fact

Most foods you see at the grocery store have been processed in some way. Processed foods that don't have a lot of added sugar or sodium can be a part of a healthy diet. Think: baby carrots, whole grain bread, plain yogurt, or chopped nuts!

Healthy Eating TIPS

- ✓ Select canned and frozen fruit and vegetables without salty sauces or sugary syrups.
- ✓ Drain and rinse canned products to get rid of some of the additives like salt and sugar.

Include these foods:



Low-Fat & Non-Fat Dairy



Skinless Poultry



FISH



Beans & Legumes



Nontropical Vegetable Oils



NUTS & SEEDS

Healthy Eating TIPS

- ✓ Prepare food at home to control what is added.
- ✓ Bring out the natural flavors in foods by using healthier cooking methods like grilling, braising, roasting, searing, and sautéing.
- ✓ Add flavor with delicious herbs, spices, black pepper and citrus juices instead of

Myth

All foods labeled "natural" are good for you.

Fact

When it comes to food packaging, there is no official definition for the term "natural."

Myth

If I recognize the ingredients on the label, I have nothing to worry about.

Fact

Even if you recognize the ingredients, the food may still have too much sodium, added sugars, and unhealthy fats.

and citrus juices instead of added sugars, and unhealthy fats.

Watch for and limit¹:



SALT/SODIUM



SUGARY DRINKS



SWEETS



FATTY OR PROCESSED MEATS –
choose lean or extra-lean meats instead

Healthy Eating TIPS

- ✓ Compare food labels and choose nutritious foods with the lowest amounts of sodium.
- ✓ Be aware of portion and serving sizes and total calories eaten.

Myth

I should avoid the middle aisles of the grocery store.

Fact

There are many foods throughout the grocery store that can be part of a healthy eating pattern.

Want more control over the foods you buy at the grocery store and eat at restaurants? Join our movement to tell the food industry you want healthier ingredients. Your voice matters!

Take action at **heart.org/sodium**.

^{1,2,3} Van Horn, Linda, Jo Ann S. Carson, Lawrence J. Appel, Lori E. Burke, Christina Economos, Vahida Kamali, Kriste Lancaster, Alice H. Lichtenstein, Rachel K. Johnson, Randi J. Thomas, Miriam Vos, Judith Wylie-Rosett and Penny Kris-Etherton. Recommended Dietary Pattern to Achieve Adherence to the American Heart Association/American College of Cardiology (AHA/ACC) Guidelines: A Scientific Statement From the American Heart Association. Circulation. 2016; CIR.00000000000000462, originally published October 27, 2016.
* Two sources: <http://www.fda.gov/AboutFDA/Transparency/Basics/ucm214868.htm> and <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Labeling/Nutrition/ucm456090.htm>
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[Read more
healthyforgood.heart.org](http://healthyforgood.heart.org)

HEART HEALTHY RECIPES

To learn how to make Green Chile Stew and other heart healthy recipes, check out [The American Heart Association website](http://TheAmericanHeartAssociationwebsite).



Stress Management

Positive Self-Talk

Self-talk can be positive or negative. Negative self-talk increases stress, but Positive self-talk can help you calm down and control stress. With practice, you can learn to shift negative thoughts to positive ones.

Negative to Positive

I can't do this. ► I'll do the best I can. I've got this.

Everything is going wrong. ► I can handle this if I take one step at a time.

I hate it when this happens. ► I know how to deal with this; I've done it before.

I feel helpless and alone. ► I can reach out and get help if I need it.

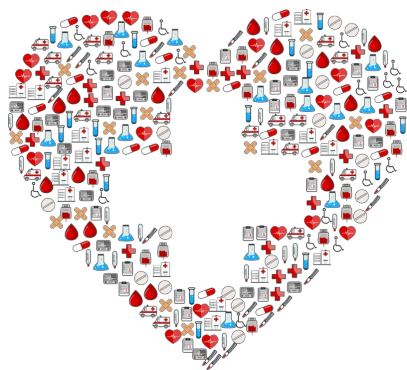
I can't believe I screwed up. ► I'm human, and we all make mistakes. I can fix it.

Top 10 Emergency Stress-Stopppers

Emergency stress stoppers are actions to help you defuse stress in the moment. You may need different stress stoppers for different situations, and sometimes it helps to combine them. Here are some ideas:

1. Count to 10 before you speak or react.
2. Take a few slow, deep breaths until you feel your body un-clench a bit.
3. Go for a walk, even if it's just to the restroom and back. It can help break the tension and give you a chance to think things through.
4. Try a quick meditation or prayer to get some perspective.
5. If it's not urgent, sleep on it and respond tomorrow. This works especially well for stressful emails and social media trolls.
6. Walk away from the situation for a while, and handle it later once things have calmed down.
7. Break down big problems into smaller parts. Take one step at a time, instead of trying to tackle everything at once.
8. Turn on some chill music or an inspirational podcast to help you deal with road rage.
9. Take a break to pet the dog, hug a loved one or do something to help someone else.
10. Work out or do something active. Exercise is a great antidote for stress.

Source: [Heart.org](https://www.heart.org)



Warning Signs

Heart Attack

Chest Discomfort

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Other Areas of Discomfort

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of Breath

With or without chest discomfort.

Other Signs

May include breaking out in a cold sweat, nausea or lightheadedness.

Stroke (F-A-S-T)

Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile.

Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

Time to call 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Cardiac Arrest

Sudden Loss Of Responsiveness

No response to tapping on shoulders.

No Normal Breathing

The victim does not take a normal breath when you tilt the head up and check for at least five seconds.

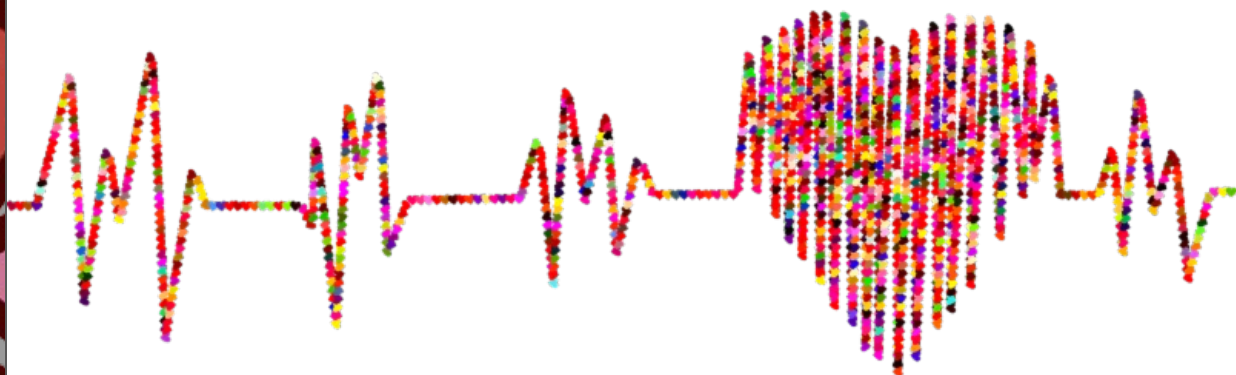
If these signs are present CALL 9-1-1

Dial 9-1-1 Fast

Heart related illnesses are life-and-death emergencies — every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1 or your emergency response number. Not all these signs occur in every heart attack or stroke; symptoms may vary and sometimes they go away and return. Play it safe and don't delay — get help right away!

SOURCE: Heart.org

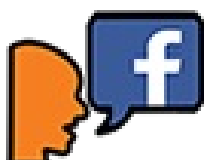
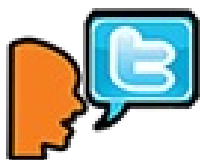
**Keep your Heart
Healthy!**



The Horizon Foundation for New Jersey

The Healthy Lifestyles Project (HLP) is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey.

For more information on HLP and NJSAP
follow us on social media!



New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities