



3 Days 'til Go Red! National Wear Red Day Friday, February 3rd

Life's Simple 7: **GET ACTIVE!**

70% of Americans don't get enough physical exercise which puts them at higher risk for cholesterol problems, high blood sugar, elevated blood pressure and difficulty managing weight! Think activity . . . NOT exercise! Here are some tips to get you up and moving since all exercise or activity adds up to your healthier **AMERICAN HEART**:

- ♥ Choose activities that are fun, not exhausting. Add variety so that you don't get bored or in a rut.
- ♥ Wear comfortable clothes, fitted footwear and clothing appropriate for the weather and the activity.
- ♥ Find a convenient time and place to do activities. Try to make it a habit . . . but be flexible. If you miss an exercise opportunity, work activity into your day another way.
- ♥ Use music to keep you entertained.
- ♥ Surround yourself with supportive people. Decide what kind of support you need. Do you want them to remind you to exercise? Ask about your progress? Participate with you? Spend time with your kids while you exercise?
- ♥ Keep a record of your activities and reward yourself at special milestones.
- ♥ Don't overdo. Start slowly and gradually increase the intensity and duration of your activities.
- ♥ Start walking! It's one of the best ways to get started! Start by taking short walks throughout the work day: 10 minute in the morning, 10 minutes before lunch, 10 minutes before your go home!! Ideally, you'd like to build up to cover 2 miles in 30 consecutive minutes.



If you haven't exercised in a long time, are overweight, have a chronic health condition or problem, see your doctor for a medical evaluation before beginning any regular activity program.

JOIN US! Thursday, Feb 2 "Heart Health for the Adolescent Athlete"

7:00 p.m., 2nd Floor Classrooms in the main hospital. For reservations call 972-519-1437. We invite parents, coaches and school nurses to join **Rajjit Abrol, M.D.**, Medical Director of Cardiac Electrophysiology Services and **James Frame, M.D.**, Emergency Department, to learn what causes sudden illness and sometimes death in young athletes.



The Medical Center of Plano