

FEBRUARY IS HEART and STROKE AWARENESS

♥ BLESS YOUR HEART ♥

Wait on the LORD: be of good courage, and the LORD shall strengthen your heart. Psalms 27:14 NKJV

Your heart is the seat of your emotions and your silent, hard-working friend. The Hebrew word for “heart” in the Psalm above refers to the very center of everything—your whole life.

Whole-person health involves being good stewards of all God’s gifts to us. How are you doing with *your* “heart health?” We know these things are important:

- ♥ Regular physical activity (check with your doctor first!)
- ♥ A diet low in saturated fat and cholesterol
- ♥ Plenty of fruits and veggies (five to nine servings—all colors!)
- ♥ No smoking—watch second-hand smoke
- ♥ Controlling blood pressure
- ♥ Maintaining a healthy weight
- ♥ Controlling stress
- ♥ Looking on the bright side
- ♥ Centering your life in the heart of God

God blesses your heart—and your life. With God’s help we can make healthier choices for our bodies, minds and spirits. And through God’s grace our hearts will be strengthened.



February is Heart and Stroke month in Canada. It is important to know the signs and symptoms of heart attacks, strokes, prevention tips and the risk factors that are associated with heart disease. Now is the time to assess your personal health status in order to determine if you need to make adjustments to your lifestyle, to maintain a healthy heart.

Heart disease is preventable and manageable. Take some time to read more about protecting yourself and your loved ones. Your best defense is controlling the risk factors that could lead to coronary artery disease such as high blood pressure, diabetes, smoking, stress, excessive alcohol consumption, high cholesterol, physical inactivity and being overweight.

Learn more about the warning signals of heart attacks and strokes, and prevention of risk factors for heart disease and stroke:
www.heartandstrokefoundation.org.

Anne Marie Parish Nurse