

Heart Health and You

February, 2015

401 E. Congress Parkway, Crystal Lake IL 60014 ♦ Family Health Partnership Clinic ♦ (779) 220-9300 ♦ www.hpclinic.org



February, 2015 FREE Programs

Thursday Feb. 5

"Getting to the Heart of the Matter: Heart Disease Prevention"

Time: 6:30-7:30 pm

Presenter: Dr. Kizillbash

Location: Centegra Healthbridge: 200 Congress Parkway, Crystal Lake

Wednesday Feb. 22

"Wine and Dine your Heart: Cooking Demonstration and Wine Tasting!"

Time: 6:30-7:30 pm

Healthy Heart Presenter:

Dr. Hinkamp

Location: Centegra (Huntley) Healthbridge: 10450 Haligus Road, Huntley

Call Centegra at **1-877-236- 8347** to sign up for one or both of the presentations.

Both programs are **FREE!**

Food Pantries

Crystal Lake Food Pantry

257 King St Crystal Lake
815-455-0961

Hours: Mon, Wed, Fri: 10 am-2 pm

Sat: 9 am-12 noon

Residents of D155 and D47; must provide proof of address and ID

Salvation Army Crystal Lake

290 W. Crystal Lake Ave
815-455-2769

Hours: Mon-Fri: 8:30 am-4 pm

Quit Smoking Class

March 11-April 22: 6-7:30 pm

Centegra Hospital, Woodstock
\$25 fee but will be given back if you go to all the classes.

Call 877-236-8347 to register.

The Low Down on Keeping Your Heart Healthy!

Your heart is one big muscle and it's important that you take care of it every day! To be healthy, you need to keep your heart healthy. If the heart isn't taken care of, it won't work like it should. You won't feel well and it'll be hard to do things you want to do. Here are some ways you keep your heart strong and healthy:

1. Don't Smoke!



Not smoking is the #1 thing you can do to have a strong heart muscle. When you smoke, your heart gets less oxygen and has to work a lot harder. Smokers have higher blood pressure. They also have a bigger chance for a heart attack or stroke. If you smoke and want to quit, ask for help from your FHPC provider or call the Illinois Quit Line at: 1-866-784-8937.



2. Exercise your Heart Muscle!

Exercise is the #2 thing you can do to have a strong heart muscle. You should exercise every day for 30 minutes or more. But if you can't exercise for 30 minutes, do what you can. Something is better than nothing! Start slow and build up, until you reach your goal. The easiest exercise, which almost everyone can do, is walking. You don't need special equipment or clothes to walk. And it's free, too! Ask your nurse at FHPC about the "10,000 Steps Walking Program." It's a great way to start walking!

3. Eat smaller sizes of food!



Eat more veggies, fruits, and brown rice, brown bread, or brown pasta. Drink a lot of water! Cut out potato chips, big hamburgers or any super size meals. Order kids' meals for yourself, because these are actually the size of food you should eat. Pick the kids' meals with fruit instead of fries.

Cut down how much you eat at one meal by: Eating ½ of your breakfast at your regular time, then eat the other ½ of your breakfast in middle morning. Eat ½ of your lunch at lunch time and then eat the other half of your lunch in middle afternoon. At dinner put fruits and vegetables on half of your plate. Put only a small spot on your plate for the meat and a small spot on your plate for the brown rice or brown pasta. Don't go back for seconds unless it's for fruits or veggies. Eat a lot of fresh foods and don't eat a lot of foods you get from boxes or "crinkly" bags.

To find more ways to keep your heart healthy, check out the American Heart Association: www.aha.org

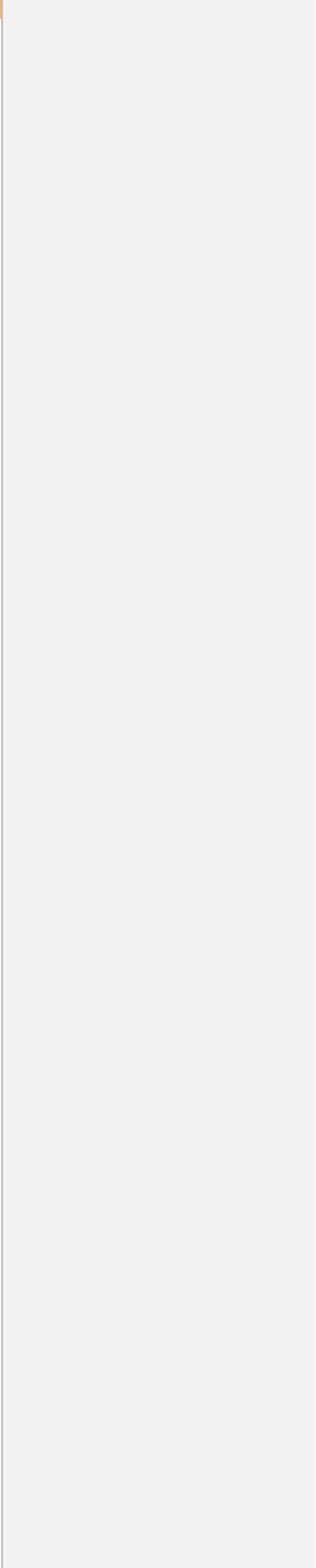


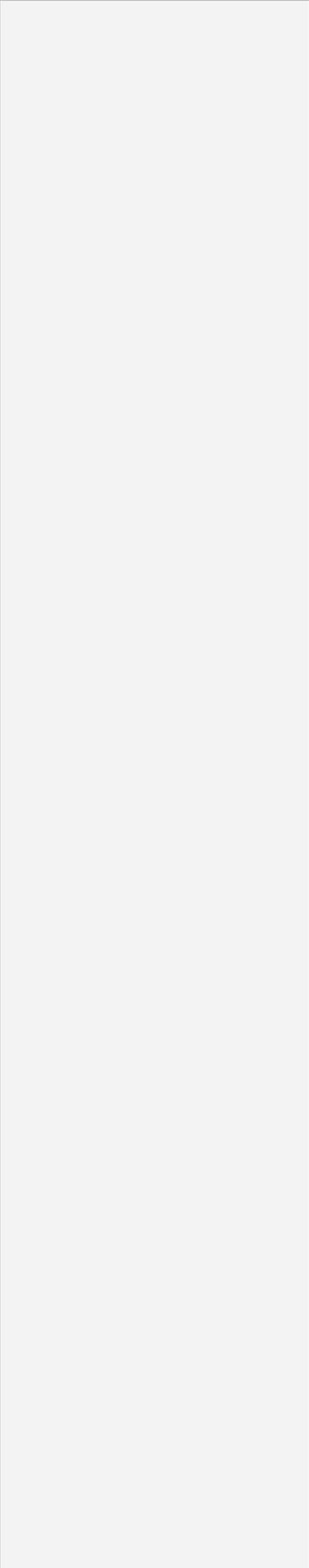


FAMILY HEALTH
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Remember that anger, hostility and depression can also affect your heart and the blood vessels connected to your heart. To decrease your risks for heart disease exercise, healthy foods and correct amounts of food, stress management, and medication management are key to keeping your cardiovascular system operating normally. Talk with our nurses for more information on how your mental health can affect your heart functions.

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