

Heart 2 Heart

Did you know that heart disease is one of the leading causes of death in Canada? Some sobering statistics:

- **Heart disease and stroke are responsible for 27.3% of all deaths.**
- **Up to 80% of early heart disease and stroke can be prevented by adopting healthy behaviors including exercise and a healthy diet**
- **90% of Canadians have at least one risk factor for heart disease or stroke**



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Fat Finder

There is no question that trans fat can compromise heart health but what about saturated fat? Research indicates that saturated fat from whole foods such as lean meat, eggs, dairy and coconuts is less likely to impact heart health than fat from processed foods such as pizza, ice cream and baked goods. The best advice? Stock up on natural, whole foods and skip the frozen pizzas and muffin trays.

Action Plan - Limit your intake of processed, commercially prepared foods to no more than 1 meal/week. Plan, shop and prepare nourishing whole foods including vegetables, fruit, whole grains, lean protein sources, fish, legumes, healthy fats, nuts and seeds!



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Sugar Shock

Sugar isn't all bad. When it occurs naturally in foods it is an important source of energy. The problem arises when we consume sugary drinks, commercial baked goods, and processed foods. Added sugars account for at least 13% of our total caloric intake. A diet with more than 10% of calories from added sugar can increase risk of death from heart disease by 30%. And a diet with 25% or more calories from sugar, triples the risk.

Action Plan - Reduce your sugar intake by reading labels and avoiding products with sugar or “ose” ending words at the top of the ingredient list.



www.heartandstroke.com

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Recharge Your Cardio

While any activity is good for your heart, research is showing that you can double the heart-protecting benefits of exercise by adding interval training; alternating high and moderate intensity bursts of activity. These short cardio bursts strengthen your entire cardiovascular system and may also help to reduce your blood pressure. It also takes less time to achieve great benefits, leaving more time for a healthy post workout meal!

***Action Plan* - Add in one higher intensity cardio session per week. Talk to your Tri Fit consultant about various options in and out of the gym.**



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Build Your Strength

Strength training is a key factor in your overall heart health, as muscle helps lower blood pressure and removes glucose and triglycerides from the blood stream. Increasing muscle mass can also increase metabolic rate, important in weight control.

***Action Plan* - Include 2 strength training sessions each week. Not sure where to start? Talk to your Tri Fit Consultant for workout ideas and take steps towards strengthening your heart and feeling great!**



<http://www.prevention.com/fitness/fitness-tips/best-exercise-your-heart>

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Meditation to Combat Heart Disease

Taking a few minutes each day to relax could help to lower your risks for cardiovascular disease. In response to stress, your body releases adrenaline causing your breathing to quicken and your heart rate and blood pressure to rise. This “fight or flight” response can take a toll on your body if it’s sustained over a long time.

Meditation techniques, including deep breathing, quiet contemplation and visualization, can reduce adrenalin levels and relieve stress.

Action Plan - Take two minutes each day to focus on your chosen meditation technique.



http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Meditation-and-Heart-Disease-Stroke_UCM_452930_Article.jsp#.VI5XSN-rSRs