

Rehab News



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

Strong at Heart

Did you know that the heart is the hardest working muscle in your body? The heart beats 115,000 times a day, pumping about 2,000 gallons of blood throughout the body. Because the heart works so hard, we need to do our best to take care of it.

By keeping your heart healthy, you decrease your chances for heart disease which can be a very serious condition. Heart disease is the leading cause of death for men and women in the United States.

Take a look at these heart healthy tips to find out what changes you could make today!



Heart Healthy Eating Did you know the foods you eat each day can have a big impact on the health of your heart? Limit sweets, foods high in sugar and foods high in fat. Instead eat more vegetables, nuts, fish, and chicken. Nutritionists recommend 7-9 servings of fruits and vegetables a day to help prevent disease.



Maintain a Healthy Weight Obesity can cause high cholesterol, high blood pressure and lead to type 2 diabetes. Losing just 10lbs can have a great impact on lowering blood pressure and reducing risk for heart disease.



Stay Active You are never too old to exercise. Just like any other muscle in the body, the heart needs exercise to stay healthy. Research shows that exercising 30 minutes a day, 4-5 times each week helps to control blood pressure and strengthen our heart and bones.



Easy Heart Healthy Snack • POPCORN SNACK MIX

Try popcorn that's popped in healthy oil then lightly sprinkle with dark-chocolate chips and nutrient-rich pistachios

Implementing these heart healthy changes into your life can help you prevent heart disease or improve your condition if you're already suffering from heart disease. If you currently suffer from a cardiac/cardiopulmonary condition, talk to your doctor about your treatment plan and ask if Physical or Occupational therapy can help. Cardiac Rehabilitation programs are designed to help you control your symptoms and resume an active and productive life within the limits of your condition.

Sources: Live Strong, CDC, Heart.org, Healthline

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