



Wellness

Livingston County

Motor City Blast

Feeling cooped up this winter: The Motown Winter Blast has many outdoor activities scheduled this week: ice skating, Model T rides, 200' snow slide, snowshoeing, ice garden, kid's stage and activity area and much more. winterblastblast.com

Kensington Park:

Other events:

Feb. 12: Ice Fishing for beginners

Feb. 19: Feeding feather friends

Feb. 26: Gardening Fever

www.metroparks.com

8 Ways to be Good to your Heart

Like most women, you probably don't think much about your heart. The "single most feared disease" among women remains breast cancer. But the fact is that while a woman's risk of dying of breast cancer is 1 in 30, her risk of dying of heart disease is nearly 1 in 2. Despite the lingering perception that this is a "man's disease", women account for more than half of all cardiovascular-disease-related deaths.

Why should you worry

about heart disease now—in your 30s, 40s or 50s when problems don't typically show up until old age? Because heart disease doesn't just manifest itself at menopause. In fact, studies have found fatty streaks, precursors to plaque, in the arteries of children as young as nine.

The good news is that you can start turning your heart disease risk around right now with these steps.

- 1) *Check your genes*
- 2) *Kick butts (smoking)*
- 3) *Run some tests to assess your risk (blood pressure, blood glucose,*

cholesterol.

- 4) *Calculate your body mass index for weight problems.*
- 5) *Feed your heart with a portion-controlled diet low in saturated fats, trans fats, cholesterol and simple carbohydrates; high in fruits, vegetables, lean meats, olive oil.*
- 6) *Get Physical.*
- 7) *Make time for rest and relaxation.*
- 8) *Limit emotional stress. Nurture connections w/family & friends.*

Adapted from Healthy Heart Handbook—Family Circle, January 2006

February is Heart Month

Go Red for Women



on National Wear Red Day of February 3rd. Heart disease is the No. 1 killer of women—claiming the lives of nearly half a million women each year. On Wear Red Day, support *this day* for women by wearing red to help raise awareness about women and cardiovascular diseases. To learn more: www.goredforwomen.org

Celebrate Free Fishing Weekend

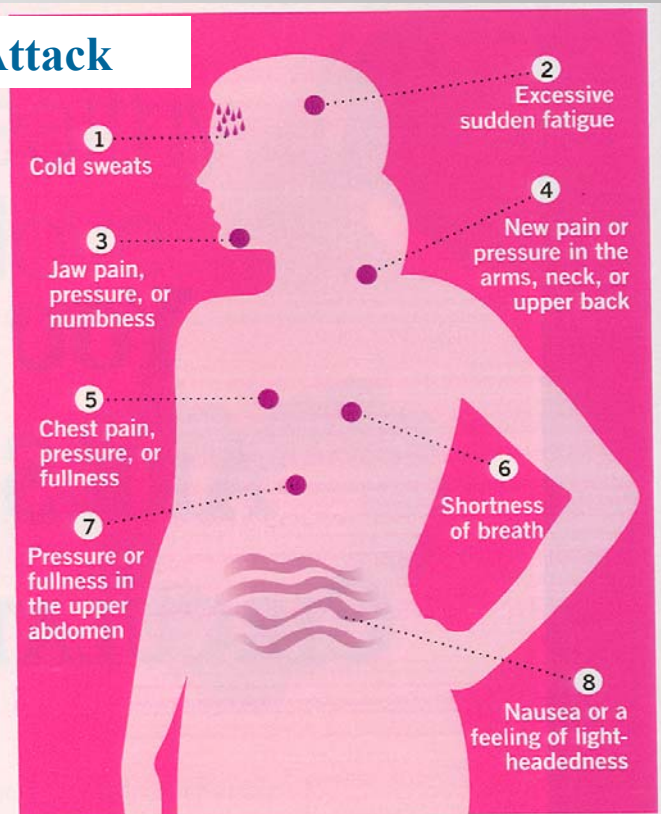
Michigan's world-class freshwater fishing on February 18 & 19, 2006. Michigan's Free Fishing Weekends are two special days when all fishing license fees will be waived for residents and outstate visitors alike on both inland and Great Lakes waters. All fishing regulations will still apply. For more information, please call (517) 373-0908.



8 Signs It Could be a Heart Attack

Women often have atypical symptoms like pain in their jaw. But they also have classic ones like chest pain.

If you suspect you're having a heart attack, call 911 and chew an uncoated aspirin while waiting for the ambulance.



Folic Acid—Important for Everyone

Folic acid, a B vitamin, helps a baby's neural tube—the part of a developing baby that becomes the brain and spinal cord—develop properly. It must be taken *before and during early pregnancy* when the neural tube is developing. About 3,000 children are born each year in the United States with a neural tube defect. If all women took adequate folic acid before conception and during pregnancy, the number of babies born with a neural tube defect could drop by as much as 70 percent.

In recent years, doctors have come to realize that folic acid is very important for everyone in maintaining health. It has long been known that folic acid plays an important role in the production of normal red blood cells. *More recent studies suggest that folic acid may help prevent heart disease, stroke and certain cancers, especially colon cancer.* While these studies have not proven a protective effect, they suggest that many people may benefit from taking folic acid.

The best way to get enough folic acid is to take a multi-vitamin with 400 micrograms of folic acid in it and eat a healthy diet. Foods that contain folate, the natural form of the vitamin, include fortified breakfast cereals, beans, leafy green vegetables and orange juice. 2006 March of Dimes Birth Defects Foundation

Honey-Roasted Chicken (American Heart Assoc.)

2 lbs. chicken pieces (skinned)
1 cup honey
1/2 c. reduced-sodium teriyaki sauce
1/4 c. orange juice
1 T. Dijon mustard

Preheat oven to 375 F. Rinse and pat dry chicken. Place in a shallow baking pan. Stir remaining ingredients together & pour over chicken. Bake uncovered, basting with the mixture occasionally, about 45 minutes, or until tender. Serves 6.

Cal: 321

Total Fat: 4 g.

Sodium 625 mg.

Carbs: 52 g.

Sat.Fat: 1 g.

Notice: Our goal is to provide you with accurate information to help your general wellness. We are not health care professionals. All items should be considered informational only and should not be used as medical advice. You should consult a health care professional before embarking on any exercise or health program.