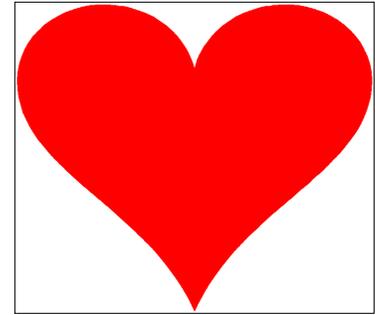


# FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50+



## February is Heart Month

Heart disease is the leading cause of death in Canadians and stroke is number 3. There are certain Risk Factors that we have no control over such as our age, gender, family history and ethnicity. However, there are number of Heart Disease and Stroke risk factors that we can do something about. The more risk factors you have the greater your risk.

**1 in 3 Canadians die from either Heart Disease or Stroke**



### MAJOR RISK FACTORS THAT YOU CAN CONTROL

#### 1. High Blood Pressure (>140/90 mm Hg).

— Over time high blood pressure can damage blood vessel walls and cause the build-up of fatty plaques that can narrow and eventually block arteries.

#### 2. High Blood Cholesterol

- LDL (bad cholesterol) promotes the build-up of fatty plaque on the artery walls which narrows arteries.

#### 3. Smoking

- Smoking and / or exposure to second hand smoke can lead to a build-up of plaque in your arteries, increase the risk of blood clots, and reduce oxygen in the blood.

#### 4. Diabetes

Diabetes develops when the body does not produce enough insulin or effectively use the insulin it produces to control blood sugar levels. Poorly controlled blood sugar levels increase the risk of high blood pressure and atherosclerosis (hardening of the arteries).

There are 3 types of Diabetes:

Type 1— usually develops in children and young adults. The Pancreas doesn't produce insulin.

Type 2—"Adult-onset" . 90% of people with Diabetes have this type. Often develops in overweight individuals. This type of diabetes can often be controlled by diet and weight loss.

Type 3- 2-4% of Pregnancies.

### DID YOU KNOW:

*"After you quit smoking, your risk of heart attack decreases within just 2 days. Within a year it cuts in half. Within 10–15 years, your risk of heart disease is almost the same as a non-smoker."*

*Paul McDonald, Ph.D.  
Heart and Stroke Foundation  
Researcher*

### DID YOU KNOW:

*"Research shows that ASA (Aspirin) can prevent stroke. This was an early but extremely important discovery that still plays an important role in the treatment of stroke"*

*Jeffrey Weitz, MD  
Heart and Stroke Foundation  
Researcher*

## Preventative Measures Against Heart Disease and Stroke

1. Have your blood pressure checked regularly.

2. Have your cholesterol checked regularly.

3. If you smoke –QUIT!

4. Maintain a healthy weight

5. Get active and stay active. As little as 30 minutes of physical activity a day has preventative properties.

6. Manage your stress. Find time each day to relax and do something that is fun. Laugh a lot, it is the best medicine.

7. Limit your alcohol consumption to 1–2 drinks per day. To a weekly maximum of 9 for women and 14 for men. When it comes to alcohol, less is best.

8. Eat healthy and eat smart. Follow the Canadian Food guide

( [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide) ). Eat lots of fruits and vegetables, whole grains, poultry, fish and lean meats. Minimize your salt and sugar intake and drink lots of water. Be conscious of your portion size. Super sizing is not good. Follow the 80:20 rule, 80 % of the time eat well and the other 20% of the time go nuts if you need to.

### DID YOU KNOW:

*"The Heart and Stroke Foundation offers a free Heart and Stroke Risk Assessment at : [www.heartandstroke.ca/risk](http://www.heartandstroke.ca/risk)"*

## Cholesterol— The Inside Story

| Total Blood Cholesterol                   |  |
|---|--|
| Type of Lipid                             | Target Level                               |
| Total Cholesterol (LDL & HDL)             | < 5.2 mmol/L                               |
| LDL (Bad)                                 | < 3.5 mmol/L                               |
| HDL (Good)                                | Men - > 1.0 mmol/L<br>Women - > 1.3 mmol/L |
| Total Cholesterol / HDL Cholesterol ratio | < 5.0 mmol/L                               |
| Triglycerides                             | < 1.7 mmol/L                               |

*“Keeping blood cholesterol under control is a key factor in reducing the risk of heart disease and stroke. Studies have shown that a 1 mmol/L reduction in plasma total cholesterol can reduce coronary heart disease by 25%.”*

*Ruth McPherson, MD, Ph.D  
Heart and Stroke  
Foundation Researcher*

### What is cholesterol?

Blood cholesterol is a soft waxy substance made by our bodies. It is one of the lipids (fats) normally found in the blood and every cell of the body. It serves many vital functions in the body such as building blocks of cell membranes, hormones, vitamin D, and fuel for low intensity physical activities. Without cholesterol our bodies can not function.

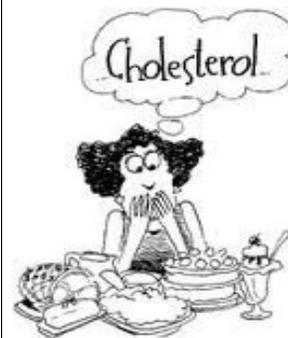
However, cholesterol has a sinister side. Cholesterol is carried in the blood by lipoproteins and excess levels of cholesterol transported in low density lipoproteins (LDL) is a major risk factor for atherosclerosis (narrowing and hardening of the arteries due to plaque build up— cholesterol is the major component of plaque).

Almost 40% of Canadian adults are classified as having high blood cholesterol levels.

### Where Does Cholesterol Come From?

The liver makes about 80% of the cholesterol in your body. The other 20% comes from your diet. The foods that increase your blood cholesterol levels the most are saturated fats (fats that are solid at room temperatures) and trans fat (Hydrogenated fats - when unsaturated fats are changed from liquid form to solid form).

Fatty meats, whole-dairy products, eggs, snack foods and ready-prepared foods have high levels of dietary cholesterol. For prevention, it is best to minimize these



### Triglycerides - Another Type of Body Fat

Triglycerides are another type of blood fat usually measured when your cholesterol is tested. It is the most common form of fat in our bodies and appears to be associated with increased risk of heart disease and stroke by increasing the tendency of the blood to clot.

High triglyceride levels are associated with excess intake of simple sugars, refined carbohydrates, saturated and trans fats and alcohol. As well, they are closely linked to excess body weight, sedentary lifestyle and poorly controlled diabetes.

### PREVENTION

It is important to realize that all blood lipids (fats) have a role to play to keep your body functioning normally. The challenge is to maintain proper balance between them.

**Diet** - rich in vegetables, fruits, and whole grains including oatmeal and oat bran products.

**Physical Activity** - Minimum of 30 minutes a day is your goal.

## “Small Steps Leads to Big Differences”

### *February “Heart Month” Special*

**Free 2 Hour Comprehensive Physical Fitness Assessment**  
(Health & Wellness screening, Body composition, Flexibility, Agility, Balance and Coordination, Muscular strength and endurance and Cardiovascular fitness)

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