

February 2008

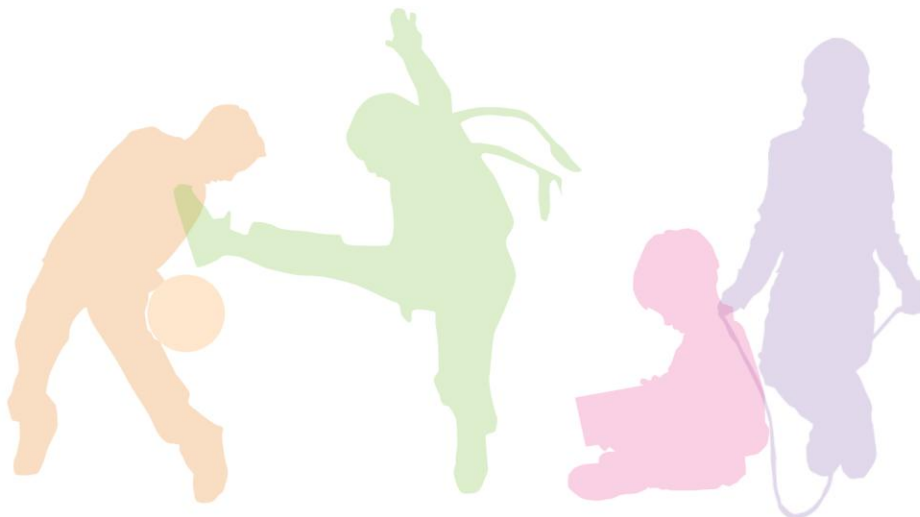
Did you know?

Friday, February 1, 2008 is “**National Wear Red Day**” in support of heart disease awareness. About 1.2 million Americans will have their first heart attack this year! Prevention is the key!

Reduce your risk:

- Watch your weight
 - Obesity is a major risk factor for heart disease.
- Be physically active
 - Aim to get at least 30 minutes of physical activity on most days. Start slowly-- try 10 minutes at a time. Remember, always talk to your doctor before beginning an exercise program!
- Avoid tobacco
 - Tobacco is the #1 preventable cause of major diseases, including heart disease and lung cancer.
- Eat healthy
 - Consume a diet high in fiber, low-fat dairy, and fruit and vegetables.
 - Reduce your intake of saturated fat, cholesterol, sodium, and alcohol.

You can participate in “National Wear Red Day” by wearing your favorite red dress, pin, socks, shirt, or tie.



BLUE CROSS AND BLUE SHIELD OF
LOUISIANA
FOUNDATION

BODY WALK



THE ORGANWISE GUYS

**For program
information, please
visit our website
at:**

www.smartbodies.org

Get Moving for Heart Health

Do anything to get your heart pumping in this month of love! You can jog around your neighborhood, clean the house, play soccer, or play hide and seek. Remember to be active daily to keep your heart strong. You want to be able to give plenty of love this Valentine's Day!

Family Fun

Make Valentine's Day a family event and plan activities that everyone can enjoy together. You can make valentines for each other, go for a bike ride as a family, or play a board game.

February is also the month to focus on **RED** fruits and vegetables! Have each family member pick out a red fruit or vegetable for everyone to try such as:

- Apples
- Radishes
- Tomatoes
- Red cabbage
- Red bell peppers
- Strawberries

Crispy Winter Vegetable Salad

Ingredients

- 4 cups broccoli florets
- 2 large carrots, peeled and sliced thin
- 1 large red bell pepper, seeded and sliced thin
- 1 bunch radishes, cut in half
- 2 stalks celery, sliced thin
- 1 bottle (8 ounce) fat-free Italian salad dressing
- 1 bag (1 pound) Dole Salad Mix

Method

1. Combine broccoli, carrots, red pepper, radishes, and celery with salad dressing; toss.
2. Cover with plastic wrap and refrigerate for at least 15 minutes.
3. Toss with salad mix before serving.

Makes 8 servings

Each serving contains 1 ½ cups of vegetables!

