

# FEELING PUMPED?

# heartmonth

## CELEBRATE HEALTHY HEART MONTH

### LOVE YOUR HEART

#### DID YOU KNOW THE MOST IMPORTANT MUSCLE IN YOUR BODY IS YOUR HEART?

YOU MIGHT THINK IT'S YOUR TRICEPS OR ABS (NOTHING LIKE A CHISELED SIX PACK, RIGHT?), BUT IT'S ACTUALLY – YOUR HEART!

The human heart is an amazing muscle that can pump about 5 litres of blood through your body in just one minute – that's roughly 7200 liters of blood each day! If you do the maths, you'll realise that your heart beats about 100 000 times a day, so you can see why it's so important to have a strong, "fit" and healthy heart.

The first step to a healthy heart is making healthy choices for a healthy lifestyle. Start small by taking it one day and week at a time, and implement these little lifestyle changes over the next 7 days:

#### MONDAY

**IF YOU'RE A SMOKER, QUIT** – or if you're around people who smoke, put some distance between you! Smoking is one of the leading causes of heart disease, so your heart will thank you for putting out that cigarette for good. Within a year of giving up smoking, your risk of a heart attack will drop to about half that of a smoker, so quit today!

#### TUESDAY

**START CUTTING BACK ON SATURATED FATS!** A simple way of doing this is by limiting processed and takeaway foods – which means no more slap chips, vetkoek or kota's everyday. Swap your full-fat dairy products for low-fat, cut the fat off your meat and, even though it's delicious, say "no" to chicken skin. Lastly, use mustards and chutneys instead of creamy sauces and mayonnaise.

#### WEDNESDAY

**SAY NO TO SALT!** South Africans are known for consuming a lot of salty foods, and you'll be surprised to find that salt often hides in sweet foods like desserts and biscuits. To maintain healthy blood pressure, try using less salt at the table and don't add so many pinches to your cooking. Once you get used to the taste, you can eventually cut salt out of your diet entirely.



#### THURSDAY

##### EAT MORE GREEN LEAFY VEGETABLES.

They're a good source of iron and vitamin K, which helps prevent blood clotting and build strong muscles. To ensure that you get your hands on the freshest, tastiest and most affordable vegetables, why not plant your own veggies in your garden?

#### FRIDAY

**SAY YES TO GINGER.** This spicy root has wonderful medicinal properties that could save you from a fatal heart disease. According to the smart people, ginger lowers bad cholesterol, giving the good cholesterol the upper hand. So next time you have sushi, don't leave the ginger behind on the plate!

#### SATURDAY

**FIBRE UP AND FEEL FABULOUS!** Fibre is known to help lower risk of heart disease and it also gives your entire digestive system a wonderful boost. You can get fibre from a variety of sources like brown or whole wheat bread, coarse maize meal, oats, and brown rice.

#### SUNDAY

**IT'S TIME TO GET YOUR HEART RACING!** From today onwards, try to get at least 30 minutes of cardio exercise a day. When you exercise, your heart grows larger over time, which means it can pump more blood through your body, and feed more oxygen and nutrients to your organs. Who wouldn't want that?

### TRAIN YOUR HEART!

#### JUST LIKE YOU EXERCISE TO BUILD YOUR ABS AND TRICEPS, YOU SHOULD EXERCISE TO MAKE YOUR HEART STRONGER, HEALTHIER AND MORE EFFICIENT AT DOING ITS JOB.

Give this 10-minute walking workout a shot! If you'd like to crank up the intensity, throw some high-impact activities into the mix to help boost your metabolism. You'll burn nearly 70% more calories than when you're strolling at a steady pace!

0:00 - 2:59	3:00 - 3:59
Warm-up, Easy to moderate pace	Brisk Walk
4:00 - 4:29	4:30 - 5:29
Jog	Jumping Jacks in place
6:00 - 6:59	7:00 - 7:29
Fast Walk	Side jumps, feet together, in place
7:30 - 8:29	8:30 - 8:59
Fast Walk	Jog
9:00 - 10:00	
Cool-down, easy pace	



### NEVER TOO OLD, NEVER TOO YOUNG!

It's never too early or too late to start looking after your heart. The choices you make today can affect you tomorrow, next week and even in 30 years from now! No matter what stage of life you're in, there are simple ways to strengthen your heart at any age.

#### IN YOUR 20s

##### IMPLEMENT SMART HABITS TODAY, AND YOU'LL REAP THE BENEFITS LATER ON IN LIFE!

- Find a doctor and get checked out. Healthy people need doctors too! Talk to your doctor about your diet and lifestyle, and go for regular health checks. Knowing your health status early in life means you'll be able to make the necessary changes to live long and happily.
- Be physically active. It can take years to nurture good habits, so start at a young age and **STAY** active! Keep your workout routine interesting by mixing it up every now and again, and find new ways to stay motivated.
- Don't smoke – or quit! So you were a bit of a rebel as a teen and started smoking – we all make mistakes! Make a point of quitting and avoid exposing yourself to secondhand smoke.

#### IN YOUR 30s

##### IT'S NOT EASY JUGGLING FAMILY AND CAREER LIFE, AND YOU MIGHT NOT ALWAYS HAVE THE TIME TO WORRY ABOUT YOUR HEART.

- Make heart-healthy living a family affair. Spend less time on the couch and more time on the move! Explore a nearby park on foot or bike, play soccer as a family, and just get active together.
- Know your family history. If you have a relative that suffers from heart disease, it could increase your risk – even more so if it's a parent or sibling. If you know that you're at risk, you can focus on the factors that you can control like your weight, exercise and diet.
- Tame your stress. Long-term stress causes an increase in heart rate and blood pressure that can damage the artery walls. Make an effort to teach yourself stress management techniques – for the benefit of your body as well as your happiness.

#### IN YOUR 40s

IF HEART HEALTH HASN'T BEEN A BIG PRIORITY UP TO THIS POINT, DON'T WORRY. START MAKING HEALTHY NOW TO STRENGTHEN YOUR HEART FOR THE LONG HAUL.

- Watch your weight! You might have noticed that your metabolism is slowing down, so the best way to counteract it is by maintaining a healthy diet and getting plenty of exercise. Find a workout routine that you enjoy!
- Don't brush off snoring. If your partner is complaining about your snoring, don't take offence – rather get it checked out! 1 in 5 adults suffer from sleep apnea, a condition that causes pauses in your breathing. If not treated, sleep apnea can lead to high blood pressure, heart disease and strokes.

#### IN YOUR 50s

FORGET THE WRINKLES AND GRAY HAIR – WHAT YOU SHOULD BE WORRIED ABOUT IS HOW YOUR AGE IS IMPACTING YOUR HEART.

- Eat a healthy diet. Over the years you may have slipped into some unhealthy habits. Make a point of eating plenty of fruits and vegetables, fiber-rich whole grains, fish, nuts and seeds, and try eating less meat.
- Learn the warning signs. Now is the time to get savvy about the symptoms of a heart attack and stroke. Not everyone experiences the same symptoms, but educating yourself on the basics could save your life.
- Follow your treatment plan. By now, you may have been diagnosed with high blood pressure, high cholesterol, diabetes or other heart conditions. Make sure you follow the prescribed treatment plan and lifestyle to lower your risk of heart disease.

#### IN YOUR 60s+

WHILE CHOICES IN EARLIER LIFE WILL AFFECT YOUR BODY AT THIS STAGE, IT'S STILL NOT TOO LATE TO MAKE A CHANGE!

- Get checked regularly. Most people your age suffer from high blood pressure, cholesterol or other heart-related issues. It's therefore important to watch your numbers closely, so that you can give your heart what it needs.
- Watch your weight. As you get older, your body needs fewer calories to function, so you should watch what you eat. Excess weight causes the heart to work harder, increasing your risk of heart disease and related issues.
- Keep active. Keep your body fit so that your heart stays healthy! Include cardio exercises in your workout, like walking and light jogging if you can, as well as some strength exercises like push-ups or squats.



### A HEARTY RECIPE

Pap is eaten in many South African homes, and each family has their own way of enjoying it – whether it be with Inkomazi, buttermilk or a tomato-based sauce. This recipe puts a fresh new twist on a traditional favourite, and it's packed with heart-healthy spices!

Serves 6

#### INGREDIENTS

- 2 1/4 cups (560 ml) water
- 1/2 tsp (2.5 ml) salt
- 3 cups (750 ml) coarse mealie meal
- Chakalaka sauce
- 2 tsp (10 ml) sunflower oil
- 1 onion, chopped
- 1 cm piece fresh ginger, chopped
- 1 green pepper, seeds removed and chopped
- 1 tsp (5 ml) curry powder
- 4 tomatoes, chopped
- 2 tsp (10 ml) sugar lemon juice and black pepper to taste

#### BASIC PAP

- Place water and salt in a large pot, and bring to the boil. Pour mealie meal into the water, but don't stir yet.
- Simmer for 2 minutes, before stirring well with a wooden spoon or fork. Reduce the heat.
- Cover with a lid and steam over a low heat for 40 minutes, or until cooked. Stir occasionally to prevent it from burning.

#### PAP WITH CHAKALAKA

Heat oil in a pot and fry onion, ginger and green pepper until soft. Add curry powder, tomatoes and sugar and simmer on a low heat for 20 minutes. Season with lemon juice and pepper. Serve pap warm with chakalaka sauce as a side dish.

#### PAP WITH SPINACH (Umfino)

Place 1 chopped onion in a large pot. Chop 1 bunch of spinach and shred 1/2 a cabbage, and add it to the pot. Add some water and simmer for a few minutes. Then add the mealie meal with the 2 1/4 cups water and cook as per pap instructions above.