



# SAND RUN PHARMACY

## February 2023

With the season of love upon us as Valentine's Day approaches, our loved one's hearts are at the top of our minds. February is a great time to focus on a healthy heart for many more Valentine's Days to come. We will be discussing heart healthy diets, exercises, and other various tips to keep your heart happy and healthy. A healthy diet and lifestyle are the keys to preventing and managing cardiovascular disease. Remember, it's the overall pattern of your choices that counts. Make the simple steps below; part of your life, for long-term benefits to your health.

### American Heart Association Exercise recommendations:

- ◇ 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both.
- ◇ Moderate to high intensity muscle strengthening activity (resistance bands or weights) 2 days per week.
- ◇ Moderate-intensity aerobic activities:
  - Brisk walk (at least 2.5 miles per hour)
  - Water aerobics
  - Dancing (ballroom or social)

### **Regular exercise may:**

- Lower risk of heart disease, stroke, type 2 diabetes, high blood pressure, dementia, Alzheimer's, and several types of cancer
- Improve sleep
- Improved cognition
- Decrease symptoms of depression and anxiety

### **American Heart Association Recipe** **Slow Cooker Turkey and Black** **Bean Chili**

#### **Ingredients:**

- 2 lbs ground skinless turkey
- 2 15-oz cans no-salt black beans
- 1 28-oz can no-salt diced tomatoes
- 2 15-oz cans no-salt tomato sauce
- 1 cup frozen whole kernel corn
- 1 Tbsp. ground cumin
- 1 Tbsp. chili powder
- 2 tsp. dried oregano
- 2 tsp. ground coriander
- 4 medium garlic cloves, minced
- ½ tsp. crushed red pepper flakes

#### **Directions:**

- In a large bowl, stir together all ingredients
- Add the bean mixture to a 3 ½ to 4-quart slow cooker. Cook, covered, on low for 6 to 8 hours, or until beans are tender

### American Heart Association Diet Recommendations:

- ◇ A wide variety of fruits and vegetables
- ◇ Whole grains and products made up of mostly whole grains
- ◇ Healthy sources of protein (legumes and nuts; fish and seafood; low fat or nonfat dairy; and, if you eat meat and poultry, choose lean and unprocessed)
- ◇ Liquid non-tropical vegetable oils
- ◇ Minimally processed foods
- ◇ Minimized intake of added sugars
- ◇ Foods prepared with little or no salt
- ◇ Limit or preferably no alcohol intake



### CoQ-10:

CoQ-10 is an antioxidant that the body produces naturally. Your cells use CoQ-10 for growth and maintenance as well as converting food into energy. CoQ-10 has shown benefit for use in patients living with heart disease by reducing risks of major adverse cardiovascular events. **CoQ-10 supplementation with the use of statin will also reduce instances of muscle pain, a common side effect experienced with statin use.**

**Suggested use:** 300mg per day (or one capsule per day)

## February Valentine's Day word search

The first person to return a correct and completed word search will receive a Valentine's Day card of your choice!

VALENTINES  
HEARTS  
ROSES  
FRIENDS  
VIOLET  
RED  
CANDY  
BLUE  
LOVE

