

## Smart Start to March

Start March off the right way by following these quick, but efficient, wellness tips to ensure you are operating at 100% during the month of March. There's now better day than a Monday, and the first of the month, to start making healthy, positive lifestyle changes!

### Nutrition Tip

Eat for heart health. Choose a diet low in saturated fat, trans fat, cholesterol, and moderate in total fat. Take it a step farther and scatter your meals 3-4 hours apart 4-5 times per day. Get big bonus points by replacing one of those meals with a robust salad full of colors!

### Fitness Tip

Get moving for a healthy heart. Clip on a pedometer for helpful progress tracking and motivation. For added motivation to walk more, attach a small step-counting device that clips onto your belt or straps onto your wrist. Start with a baseline (calculate how many steps you take over a 3-day period) and then make a goal to add 1,000 to 2,000 more steps a day and work up to the recommended 10,000 steps each day. A good pedometer costs about \$20-\$30 and cheaper ones tend to be less accurate. Don't forget to start a daily log for your exercise/ pedometer tracking, also another good place to track your nutrition progress from above!

### Health Tip

Know your numbers. Ask get a quick blood pressure check, BMI, and body fat assessment at the Buckeye Recreation Center. Also, ask your doctor to check your cholesterol (total, HDL, LDL, triglycerides), blood glucose, and perhaps an EKG or exercise stress test for those of you above 55 years old. Work with your doctor to improve any numbers that are not normal. You will also have a chance to have many of these numbers, as well as hearing, vision, and lots of other great services at the Community Health Fair on Wednesday, May 26th, 2010.

Here's to a great start to March 2010!