

Dover Foundation  
YMCA  
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### Heart Facts

♥80 million American Adults have one or more cardiovascular diseases.

♥Every 37 seconds someone dies from heart and blood vessel diseases.

♥Cardiovascular Diseases are the No. 1 cause of death for women in America.

♥Stroke is the No. 3 cause of death in America.

### Upcoming Events

#### Happy 10 Year Anniversary!

February 1st marks 10 years of being in the Dover Foundation Facility. Celebrate with us all month! More details coming soon.

#### Register For Youth Spring Soccer February 1st- 22nd.

#### Check out our Friday 30/60/90!

Cardio Express 9am  
Sculpt/Yoga Fusion 9:30am  
Yoga Stretch 10am

# Healthy Happenings

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## Friday, February 5th National Wear Red Day Go Red for Women

According to the American Heart Association, everyday women are dying at the rate of almost one per minute due to heart disease.

In 2004, the American Heart Association started its Go Red for Women campaign to raise awareness of Heart Disease being the No. 1 cause of death for women in America.

On National Wear Red Day, Friday, February 5th millions of people will choose to wear red and speak up against heart disease. It gives women

and men everywhere a way to show their dedication and support of the cause, and empowers them to take action for their health. Also, it gives them the opportunity to honor women in their lives by sharing this lifesaving information. Go Red for Women invites your company or organization to hold a Wear Red Day event on National Wear Red Day. It is fun and meaningful and it's a great way to boost morale and build team spirit. It is also a great way to show your concern for co-workers, family members and

friends, and empowers them to speak up and take action against heart disease.

Join the Cleveland County Family YMCA on Friday, February 5th as we Wear Red and show our Support for the fight against Heart Disease in women.



## Life's Simple Seven

Ideal Cardiovascular health is defined by the presence of seven health measures known as Life's Simple Seven. The Simple Seven are:

- ♥Never smoked or quit one year ago.
- ♥Body mass index less than 25kg/m<sup>2</sup>.
- ♥Physical Activity for at least 150 minutes (moderate intensity) or 75 minutes (vigorous intensity) each week.
- ♥Four to five of the key components of a healthy diet

consistent with the American Heart Association guideline recommendations.

- ♥Total cholesterol of less than 200mg/dL.
  - ♥Blood pressure below 120/80 mmHg
  - ♥Fasting blood glucose less than 100mg/dL.
- The first step toward having ideal cardiovascular health is to know your numbers (cholesterol, blood pressure and glucose.) The YMCA Wellness center offers blood pressure checks and body mass index measurements.

We can also design an individualized physical activity program. Make an appointment with a health care professional to determine your cholesterol and fasting blood glucose levels. Be sure to ask for an explanation of your numbers. Genetics does play apart in your simple seven, so one may not be able to achieve all seven. However, once you know your numbers you take steps to achieve your ideal cardiovascular health.

## North Woods Bean Soup

### Ingredients:

Cooking spray

- ♥ 1 cup baby carrots, halved
- ♥ 1 cup chopped onion
- ♥ 2 garlic cloves, minced
- ♥ 7 ounces turkey kielbasa, halved lengthwise and cut into 1/2-inch pieces
- ♥ 4 cups fat-free, less-sodium chicken broth
- ♥ 1/2 teaspoon dried Italian seasoning
- ♥ 1/2 teaspoon black pepper
- ♥ 2 (15.8-ounce) cans Great Northern beans, drained and rinsed
- ♥ 1 (6-ounce) bag fresh baby spinach leaves

### Directions:

Heat a large saucepan coated with cooking spray over medium-high heat. Add carrots, onion, garlic, and kielbasa; sauté 3 minutes, stirring occasionally. Reduce heat to medium; cook 5 minutes. Add the broth, Italian seasoning, pepper, and beans. Bring to a boil, reduce heat, and simmer 5 minutes.

Place 2 cups of the soup in a food processor or blender, and process until smooth. Return the pureed mixture to pan. Simmer an additional 5 minutes. Remove soup from heat. Add the spinach, stirring until spinach wilts.



## February National Health Observances

- ♥ American Heart Month
- ♥ National Children's Dental Health Month
- ♥ National Wise Health Consumer Month
- ♥ International Prenatal Infection Prevention Month
- ♥ 1st-7th World Salt Awareness Week
- ♥ 5th National Wear Red Day
- ♥ 7th-14th Congenital Heart Defect Awareness Week
- ♥ 14th National Donor Day

For more information: [www.healthfinder.gov](http://www.healthfinder.gov)



## Exercise of the Month: Glute Bridge

### Step 1

**Starting Position:** Lie supine (on your back) on an exercise mat or the floor in a bent-knee position with your feet flat on the floor. Place your feet hip-width apart with the toes facing away from you. Gently contract your abdominal muscles to flatten your low back into the floor. Attempt to maintain this gentle muscle contraction throughout the exercise

### Step 2

**Upper Phase:** Gently exhale while holding your abdominal contraction and press your hips upwards off the floor into extension by contracting your glutes (butt muscles). At the same time press your heels into the

floor for more stability. Avoid pushing your hips too high as this generally increases the amount of hyperextension (arching) in your low back. Maintaining your abdominal contraction helps avoid excessive arching in your low back.

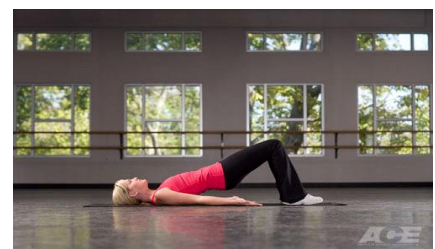
### Step 3

**Lowering Phase:** Inhale and slowly lower yourself back towards your starting position.

### Step 4

**Progression:** Gradually progress this exercise by starting with both feet together and extending one leg while in the raised position.

Complete 1-3 sets of 8-12 repetitions.



Helping all people reach their God given potential in spirit, mind and body.