

The Beat Goes On.....

**Presented by:
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Objectives

- Identify the risk factors that you can impact and change
- Learn how to reduce cholesterol & blood pressure
- Develop strategies for weight loss
- Understand the benefits of physical activity

Keep Your Heart Beating

- Heart disease is the #1 killer in the U.S.
- Responsible for 40% of all deaths
- Preventable with healthy lifestyle choices

Risk Factors

- Smoking
- High blood cholesterol
- High blood pressure
- Diabetes
- Overweight or obese
- Physical inactivity



Don't Smoke

- Resources (see today's handout as well)
 - California Smoker's Helpline
1-800-NOBUTTS

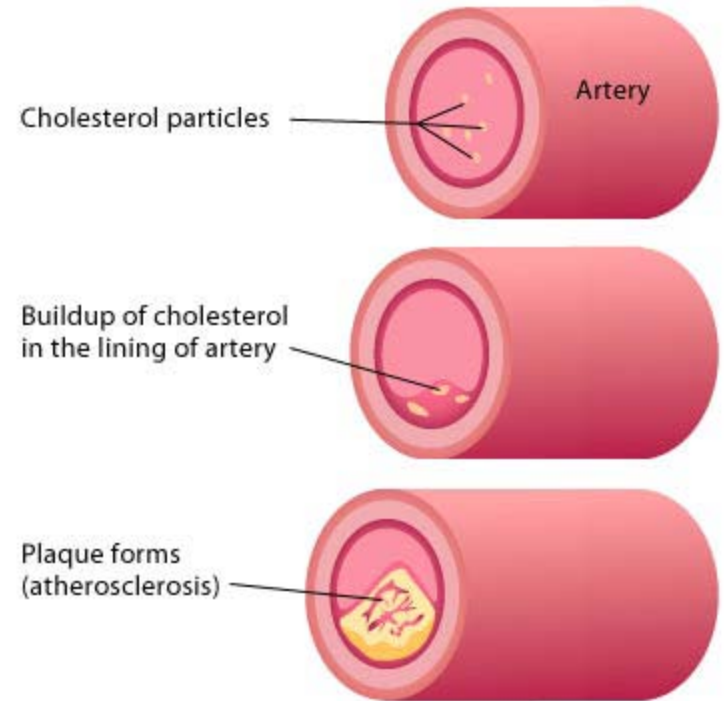
American Lung Association
1-800-LUNGUSA

Smoke Free
1-800-QUITNOW



Cholesterol

- Good or bad?
- LDL (L=Lousy)
- HDL (H= Healthy)
- Triglycerides



Control Cholesterol

- Where does it come from?
- Types of fats in the diet:
 - Saturated
 - Trans fats
 - Monounsaturated
 - Polyunsaturated



Control Cholesterol

- TLC is essential
- Lose excess weight
 - Lowers LDL
 - Increases HDL
- Exercise
 - Lowers LDL
 - Increases HDL
 - Controls weight



Control Cholesterol

■ Super Foods

- Salmon
- Flaxseed
- Oatmeal
- Black beans
- Nuts
- Brown rice
- Berries
- Broccoli
- Sweet potatoes
- Spinach



Control Blood Pressure

Goal is 130/80mmHG

Method	Lowers Systolic BP by:
Dash Diet	4-12mmHG
Weight Loss	5-20mmHG
Reduce Alcohol	2-4mmHG
Physical Activity	4-9mmHG
Sodium Reduction	2-8mmHG

Control Blood Pressure

- DASH DIET
- Dietary Approaches to Stop Hypertension
 - Reduce sodium to 1500-2400mg/day
 - Reduce alcohol
 - 1 drink or less/day –women
 - 2 drinks or less/day –men
 - Increase potassium, calcium, magnesium and fiber

Weight Loss

- Portion Control
 - Hang loose
 - CD
 - Deck of cards
 - Palm
 - Fist
 - Tennis ball
 - Plate method



Weight Loss

Behavior Modification Tips

- Choose low-fat snacks between meals if you feel hungry.
- Take a walk or do something active between meals to take your mind off your appetite.
- Ask for alternatives when ordering at a restaurant.
- Consider keeping a log of your eating habits. Are there certain situations that make you want to eat?

Physical Activity

- Lowers BP
- Prevents diabetes
- Raises HDL
- Lowers LDL
- Lowers triglycerides
- Weight loss
- Stress management



Physical Activity

- American Heart Assoc. recommendations:

For Heart Health: 30 min. moderate activity,
5 times per week

For Weight loss: 60 min., 5x/week

- Stretching
- Cardio
- Strengthening

Resources

American Heart Association

1-800-AHA-USA

U.S. Dept. of Health and Human Services

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Questions?

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Risk Factors

