

Heart disease is commonly caused by “hardening of the arteries”, a process in which cholesterol plays a role in the thickening, hardening and narrowing of the blood vessels/ if a blood clot gets “caught”, it may lead to a heart attack.

## Good and Bad Cholesterol

High density, lipoprotein is called “good cholesterol” because it can actually help rid the body of excess cholesterol. The higher the HDL, the better. Ideally, it should be above 35 mg. Smoking and obesity decrease HDL. Aerobic exercise increases HDL.

Low density lipoprotein is call “bad cholesterol”. The lower the LDL level the better. It should be below 130 mg. LDL cholesterol is most affected by changes in diet. Excess intake of saturated fats and cholesterol increase LDL levels; polyunsaturated and monounsaturated fats tend to reduce LDLs.

## Recognizing Genetic Risk Factors

- **Family History** – a history of high blood pressure, high cholesterol levels and heart attack
- **Gender** – a higher incidence of coronary heart disease in men than women
- **Race** – a higher incidence of coronary heart disease among African Americans
- **Age** – a higher incidence of coronary heart disease among the 30-55 age group

## Recognizing Learned Behavior as Risk Factor

- **Obesity** – defined as more than 20% over ideal body weight
- **Smoking** – especially critical for heavy smokers who began smoking at an early age
- **Lack of Exercise** – the result of generally sedentary lifestyle of most Americans
- **Stress** – the workaholic syndrome
- **Poor Eating Habits** – a high fat, high sugar, high salt diet and not enough dietary fiber

## Dietary Management in the Prevention of Heart Disease

- Reduce total dietary fat to 30% or less of total calories
- Lower saturated fat to less than 10% of total calories
- Limit polyunsaturated fat to 10% of total calories
- Restrict cholesterol intake to no more than 250-300 mg per day

Fiber is primarily found in plants. It's best described as the indigestible husks, seeds, stems, skin and cell walls which hold plants together. There are two types of dietary fiber, soluble and insoluble, each with a separate and important function.

- Insoluble Fiber - Wheat Bran, Corn Bran, Legumes, Fruit and Vegetable Skins
  - Insoluble fibers are often referred to as "nature's laxative." This is what most people think of when they are told to eat more fiber. Insoluble fiber is found in whole grains and plant cell walls. Insoluble fibers increase regularity, speed foods through the bowel, add bulk to stools and absorb water.
- Soluble Fiber - Oats, Oat Bran, Dried Peas and Beans, Corn, Barley, Squash, Carrots, Yams, Apples, Pears, Prunes, Grapes
  - Soluble fibers are more palatable than insoluble ones. Soluble fibers consist of gums and pectin's which form a bulky gel in the intestines. Pectin's are found in fruits and vegetables, and gums are found in stems and seeds.

### Activity

Your choices from the vegetable, fruit and bread groups all contribute to your daily fiber intake. Review your choices to see if you meet the recommended 25 grams of fiber a day. List your fruit, vegetable and bread choices for the day. Using the chart below or information from the nutrition facts label, write down the fiber content. Nutrition information for other fruits and vegetables can be found in the produce section of your grocery store.

If your fiber intake doesn't add up to at least 25 grams, see what choices you can make for tomorrow's meals to increase your fiber intake. Strive for 25 grams 5 times per week. Work your way up gradually.

Vegetables	Fiber	Fruit	Fiber	Bread	Fiber
Green Peas, ½ cup	5.2 gm	Raspberries, ¾ cup	3.7 gm	Whole Bran Cereal, ½ cup	13 gm
Carrots, ½ cup	2.8 gm	Pear, 1 medium	2.3 gm	Whole Wheat Bread	1.6 gm
Brussels Sprouts, ½ cup	2.0 gm	Blueberries, ¾ cup	1.4 gm	Brown Rice, ½ cup	2 gm
Cabbage, ½ cup	2.0 gm	Apple, 1 medium	1.4 gm	White Rice, ½ cup	1 gm
Green Beans, ½ cup	1.7 gm	Peach, 1 medium	1.2 gm	Spaghetti, ½ cup	1 gm
Cauliflower, ½ cup	1.1 gm	Strawberries, 1 ¼ cup	2.0 gm	Spaghetti, WG ½ cup	3 gm
Broccoli, ½ cup	3.0 gm	Banana, ½ medium	0.9 gm	Baked Potato, with skin	3 gm

	Today's Choices	Fiber Content	Tomorrow's Choices	Fiber Content
Fruit #1				
Fruit #2				
Vegetable #1				
Vegetable #2				
Vegetable #3				
Bread #1				
Bread #2				
Totals				

### Dance Motion

Remember the last time you went to a nightclub, wedding or prom and “danced the night away?” Dancing is not only fun, it’s great exercise! While most people can’t afford to kick up their heels every Saturday night, you can have a dance party in your own living room! Read through and try each of these basic dance moves. While some of these tunes are ‘golden oldies,’ remember any favorites dance songs can be used.

### Motown Magic

Any Motown group will do.. However, the Temptations and the Four Tops are a good start. Pick upbeat songs.

- Starting with your right foot, step to the right, bring your left foot together with the right. Step to the right again, then kick your left foot.
- Repeat with the left side. Repeat 8 times.
- With your right foot, step to the right, then kick your left foot out. Step left and kick your right foot out. Repeat 8 times and go back to the beginning.

Use the following guide to keep time.

- Right, together, right, kick. Left together, left, kick. (Repeat x8). Right, kick, left, kick. (Repeat x8)

### Twist

Any 60’s group will do. Chubby Checker and the Peppermint Lounge songs are a good start. Pick upbeat songs.

### The Charleston

Roar into the twenties with a “get moving” workout. Select old Charleston tunes with a moderate to fast pace.

- Begin with feet together. Right leg kick forward, return to start. Left leg step back, return to start. Repeat 8 times.
- Left leg kick forward, return to start. Right leg step back, return to start. Repeat 8 times.
- Stand feet together, place hands on knees and swing knees out and together 8 times. Repeat set to end of song.

### Activity

Try these dance routines on one of your non walking days. Search out your favorite music and “dance your heart out” for 30 minutes using at least two, if not all of the dance moves above. When you are through, plan another 30 minute dance date with a friend, child or partner over the course of the next week. Use the chart below to help you.

	Dance Date #1	Dance Date #2
Day/Date		
Time		
Partner		

Continue with your walking program, 4 sessions per week, 40 minute per session. And if you have the urge to walk longer, do it!

Continue to monitor your heart rate. Adjust your activity as needed – walk faster to increase your heart rate, and slow down if you heart rate is too high.