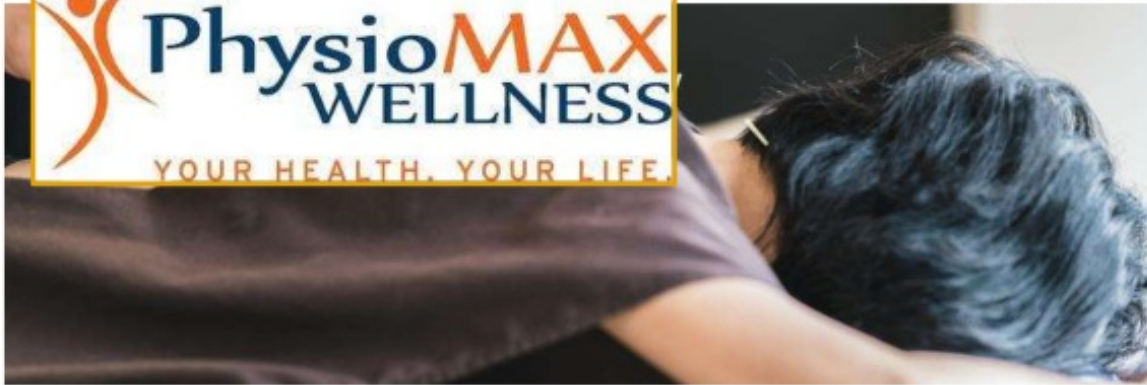


February 7<sup>th</sup>, 2020



## HEART HEALTHY FOR VALENTINE'S DAY

According to statistics from the Canadian Heart and Stroke Foundation, 1.3 million Canadians are affected by heart disease. This month, PhysioMax Wellness is going to help you through your journey to be heart healthy for Valentine's Day.

The keys to any healthy lifestyle are a healthy diet and exercise. 5 main factors to include in your diet are; foods high in omega-3s, healthy nuts and seeds such as almonds, berries with phytonutrients, legumes high in soluble fiber and dark chocolate.



Just in time for Valentine's Day, get your love some strawberries that are rich in phytonutrients covered in dark chocolate and a glass of red wine. You don't have to feel guilty about getting to indulge in these treats this month.

Do it all in the name of heart health. There are two main types of exercise that can improve your heart health. Aerobic exercises (otherwise known as cardio), such as walking, swimming, and cycling improve your blood circulation resulting in lowered blood pressure and heart rate. This helps your heart become more efficient at pumping blood to your body and major organs.

Resistance (a.k.a. weighted) training reduces fat mass and increases lean muscle mass. When combined with aerobic exercise, you can decrease your bad cholesterol (LDL) levels and increase your good cholesterol (HDL). It is recommended that adults achieve 150 minutes of aerobic exercise per week and at least 2 resistance-training sessions per week. Resistance training doesn't have to include weights. You can get a great workout with bands or using your own body weight.

Keep your heart and your mind healthy. Exercising increases your dopamine levels and this in turn can help combat the effects of depression and anxiety as well as decrease stress. Thank you for reading and we hope we've given you some great tips for staying heart healthy!

## 7 BENEFITS OF REGULAR EXERCISE

1. Increase in exercise tolerance.
2. Reduction in body weight.
3. Reduction in blood pressure.
4. Reduction in bad (LDL and total) cholesterol & Increase in good (HDL) cholesterol.
5. Increase in insulin sensitivity.
6. Increase in self-esteem and confidence.
7. Better sleep and increased brain function.

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Book an Appointment!