



Me Time Monday™ Tip Sheet for Caregivers in support of



How to Have a Healthy Heart

Did you know that heart disease is the #1 killer of women? In fact, twice as many women die from stroke or cardiovascular disease than all cancers combined, including breast cancer.

If you are one of the nation's 65 million family caregivers, you are twice as likely to develop a chronic illness like heart disease from prolonged stress. What can you do to "love" your heart and prevent heart disease?

The American Heart Association recommends:

- Know your family history – you have a greater risk if parents or grandparents had heart disease.
- Don't smoke and avoid second-hand smoke.
- Drink in moderation – 1 glass of red wine a day can actually be good for you.
- Know your numbers – such as your good & bad cholesterol, your blood pressure, maintain a waist size of 35" or smaller and get at least 30 minutes of cardio exercise a day (which can be broken down into three 10-minute increments).

It is not always easy to find time for yourself when you are caring for a loved one. However, neglecting your own health and wellness needs will put you at risk for being there to continue to care. Find the time for heart healthy habits – try starting some of the above tips on a Monday as part of the Caregivers' Monday Campaign.

For other Me Time Monday Tips from the Caregiving Club, visit: <http://www.caregivingclub.com/me-time-monday/>

For more information about the Caregivers' Monday campaigns, visit: <http://www.mondaycampaigns.org/caregivers-monday/>.

Caregivers' Monday is part of the Healthy Mondays non-profit organization. To learn more, visit: <http://www.mondaycampaigns.org/>