

Mid-Life Matters Feb 16, 16
Heart Health for Women

We should all know by now that heart disease is the number one killer of women. More women die of heart disease than all the cancers combined! But somehow, we don't act like we know this. Our actions and behaviours do not support our desire to be as heart healthy as possible.

We each need to examine our personal risk factors for heart disease and stroke. Once we have done that, we are better able to see what areas we can improve to reduce our risk.

The Heart and Stroke Foundation has an excellent online resource "Heart and Stroke Risk Assessment". This tool takes you through a set of questions which will identify your risk and what actions you can take to add years to your life. Check out www.heartandstroke.sk.ca and click on Health eTools.

Knowing our risk is only helpful if we are willing to make the necessary changes to live a healthier life. And, there is an APP for that! **<30days** is the name of the app which you can download from the website. You can set your goals and track your progress and there is some fun involved, too! Get the APP and you will find out!

Getting the most up to date information about heart health is important. Sign into the blog for the latest research and programs at <http://blog.heartandstroke.ca/>

Motivation is an issue for many women, "I just don't have time". Well, there is a FREE ebook to download: 100 Healthy Things You Can Do in Minutes. So, no more excuses!

You want to be able to travel, dance at your daughter's and your granddaughter's weddings, keep adding wonderful life experiences and adventures to your bucket list...and you have to be alive and well to do this! Isn't that motivation enough? Start today!

Another good resource : My Heart Sisters blog covers excellent research in North America www.myheartsisters.org