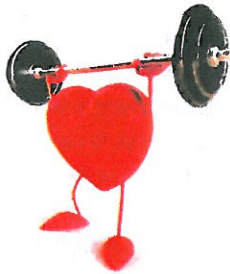


The Total Package

Educating for Spiritual and Physical Health

3 John 1:2 - Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.



Heart healthy recipe

1 box (16 ounces) angel food cake mix
1 1/4 cups Diet V8 Splash® Berry Blend Juice Drink
6 cups fresh berries (cut-up strawberries, blueberries and raspberries)
1 1/2 cups thawed light whipped topping

- Heat the oven to 350°F. Prepare the cake mix according to the package directions, substituting the juice drink for the water. Pour the batter into a 10-inch tube pan.
- Bake for 40 minutes or until the top is golden brown and springs back when lightly touched with a finger. The cracks in the top of the cake should look dry.
- Loosen the cake from the pan with a metal spatula. place 1 cake slice on a serving plate, top with 1/4 c berries and 1 tbs whipped topping, top with another cake slice, 1/4 c berries and 1 tbs whipped topping. Repeat with remaining cake slices, berries and whipped topping.

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Matters of the Heart

Being that we are in the month of February it seems more than appropriate that we dedicate this debut issue to heart health. Husbands (like me) all over this great nation will be running to and fro searching for the perfect arrangement of flowers, chocolate, and diamonds (and all the women said, AMEN!) to reignite the flame of love in the heart of their beloved. Ahh the heart; that ever beating agent of love that is often blamed for undertakings of great risk. It has been followed, stolen, and broken. It can be filled with compassion or hold contempt. You can give it away, yet it can't be sold. It is truly the most magnificent pump known to man. It is only about as big as your fist, but pumps the equivalent of 2000 gallons of blood a day through the cardiovascular system. It starts at conception and ends when you die. Incredible! G-d is amazing!

Proverbs 4:23 encourages "Keep your heart with all diligence, for out of it spring the issues of life." We must take care of our hearts. Millions of people each day are being diagnosed with heart disease and millions more are dying from complications associated with heart disease each year. Heart attacks are an unfortunate and all too common occurrence in our world today. A heart attack is simply the total interruption of oxygen delivery to part of the heart muscle. If this oxygen deprivation continues long enough, the heart muscle dies and is replaced by scar tissue.



This can lead to *Sudden Cardiac Arrest* which is sudden death. In some situations, coronary bypass surgery can be performed. This is accomplished by removing a blood vessel from another part of the body and using it to provide an alternate route for blood circulation to the heart. The key to preventing heart attacks and Sudden Cardiac Arrest is to identify those at risk as early as possible. Regular visits to our doctors for physical examinations are the best way to identify our risk. One aspect of Heart Health to consider is *Cholesterol*. There are two forms to think about: High Density Lipoproteins (HDL's) and Low Density Lipoproteins (LDL's).

As a rule, *HDL's* are good cholesterol because they transport fats to the liver to be used or excreted. *LDL's* are bad because they produce plaque in blood vessel walls. Just as there is good and bad cholesterol, there are also good and bad fats. The *Good Fats* are unsaturated, polyunsaturated, and monosaturated. The *Bad Fats* are saturated and hydrogenated. (We will talk in a later issue about their differences.) There are some risk factors that increase our chances of heart attack such as excess weight, a diet with high levels of cholesterol and saturated fat, smoking, excess stress, and lack of exercise. All of these can be corrected with discipline and a positive frame of mind. Proverb 23:7 says, "For as he thinks in his heart, so is he." One of the first things we can change is how we eat. . Over ->



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Here are 7 Heart Healthy foods that can lower cholesterol ...

- 1) **Extra Virgin Olive Oil** - Raises HDL
- 2) **Beans** - Kidney, Lima, Black, Navy, and Pinto beans are high in fiber and lowers LDL
- 3) **Oatmeal & Oat Bran** - Also high in fiber and helps regulate blood glucose levels(beneficial for Diabetics)
- 4) **Nuts** - (if you are not allergic) Almonds, Hazelnuts, Pecans, Pine Nuts, Pistachios, and Walnuts (1 1/2 ounce max)
- 5) **Salmon & Omega-3 fats** - Salmon, Sardines, Anchovies, Fortified eggs, Soybeans
- 6) **Blueberries** - Rich in antioxidants
- 7) **Cranberry/Grape juice** - Grape juice is high in antioxidants; Cranberry juice raises HDL cholesterol (drink 100% juice)

One of the most important Heart Healthy things you can do is **exercise**. The heart pumps oxygen rich blood from the left atrium, through the arteries, to tiny vessels (called capillaries), to body tissue.

In the body's tissue, oxygen is metabolized and carbon dioxide is picked up by the blood and taken back to the heart through veins to the right atrium then to the lungs to repeat the process. Aerobic activity increases the strength of the heart muscle and the volume of air ejected from the lungs in a single expiration. Through routine aerobic activity, the body becomes more efficient at processing oxygen. Any exercise that incorporates large muscle groups, raise the heart rate, breathing rate, and body temperature are considered aerobic exercise. Examples of aerobic exercise are running, dancing, jogging, biking, walking, swimming, and thousands of other activities. Remember, if you a have pre-existing heart condition, are new to exercising, or are starting a new exercise routine, make sure to consult with your physician before starting any exercise regimen.

G-d has given us the power to change our lives, spiritually, mentally, and physically. Making heart healthy decisions does not have to be a burdensome task. We can enjoy tasty foods that are good for us and activities that are fun and make our hearts *stronger*. Remember, Proverbs 17:22 "A merry heart does good like medicine"...for ourselves and for others. Let's get ACTIVE!

Easy Exercise for Cardio Health

Invisible Jump Rope. This traditional exercise can also be used without any equipment, which can sometimes get in the way. It focuses on conditioning, core, and ankle stability and strength. To perform this exercise correctly

1. Start in an upright position, with the feet shoulder-width apart.
2. Pretend that you are holding a jump rope in your hands elbows stay in at the side
3. Begin by jumping, pushing off on the toes and swinging your arms in a circular motion, as if there was a jump rope in your hands.
4. Repeat for a number of repetitions or a timed period.

This exercise brought to you by the Dallas personal trainers from Fitness Trainers To Go.

