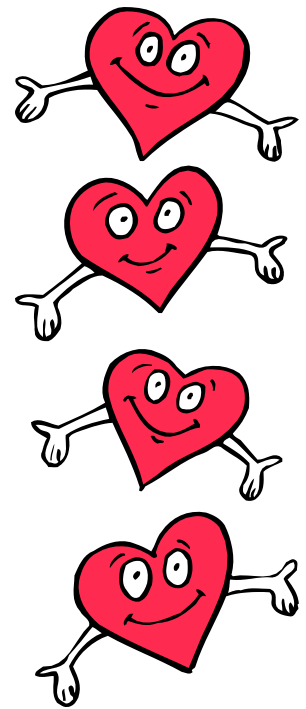


ACTION TEAM ARTICLE

HAPPY VALENTINE'S DAY!

VOLUME: 1

ISSUE: 8



Pointers for Developing a New Attitude – Be Heart Healthy!

ALWAYS HAVE SOMETHING TO LOOK

FORWARD TO - *Laugh Out Loud* - *wear whatever you like* -

Edit Your Self-imposed Rules Frequently - Pretend
you're someone else for a day - *Buy one piece of really good candy and
savor it* - *GOOF OFF* - Say NO to whatever doesn't feel right

- *Live in the Present* - *Keep a wish list* - **SPEND A LITTLE TIME ALONE DAILY** -

Use the good China - Give away what you do not want or
use - **FOLLOW YOUR HEART** - Send flowers

to yourself and sign the card "From Someone Who Thinks
You're Terrific!" - Never ask "How do I look?" - **Have a**

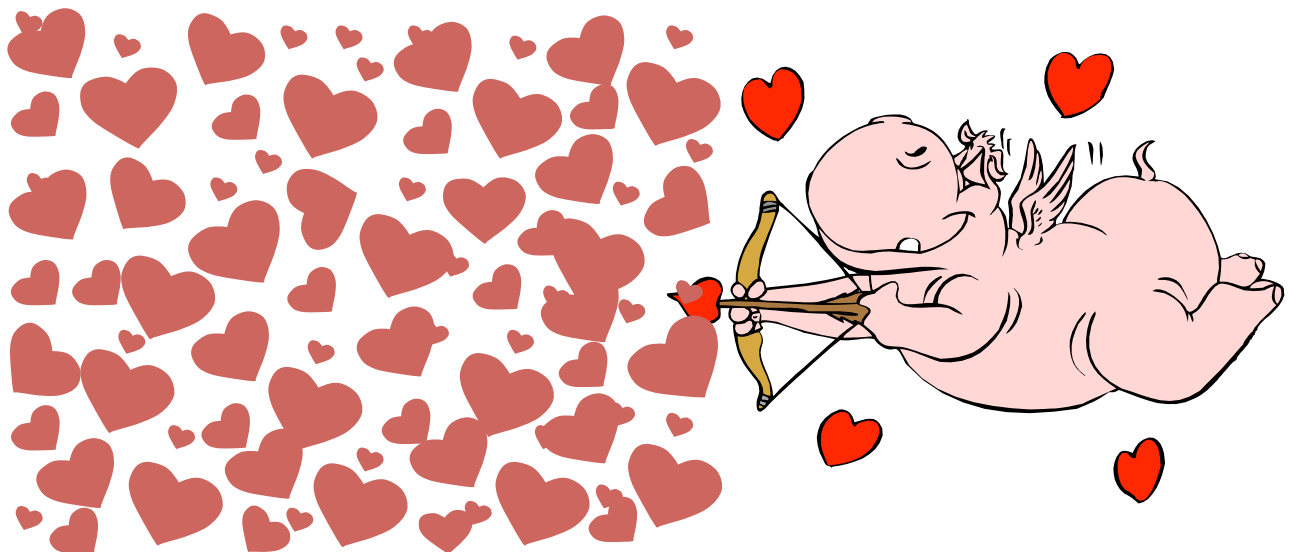
massage - Take a friend to lunch - Buy tickets to

something you love - **Read the comics first...clip and**

share your favorites - Make a habit of smiling and even if you don't feel like it - *WATCH A COMEDY* - frame your favorite photos - **AVOID NEGATIVE PEOPLE** - *Don't compare your aches and pains* - *Make friends with people of different ages* - **Volunteer if it feels good** - *Make time to meditate or pray* - Read for pleasure - *Take a daily walk* - *play practical jokes on your best friend* - Form your own opinion - **EAT SOMETHING THAT HAS NO NUTRITIONAL VALUE** - Quit saying "I should" and say "I will" - Tell people what you want - *Call an old friend* - *Hold hands* - Never tell your age, it's irrelevant - Accept compliments graciously - **EXPECT THE BEST!**

New Perspectives by Kathleen Passanisi, PT, CSP

Happy Valentine's Day





.Everyday Heart Health Tips

If you're not convinced about the need to develop an exercise program for your life, you can at least try following some of these tips in your everyday routine. Take advantage of any opportunity for exercise. Try some today.



- Take the stairs instead of an elevator or escalator at work or the mall. Just start with one flight. Soon, you'll be ready for two.
- Park your car at the far end of the parking lot. The short walk to and from the store or work helps your heart.
- If you ride a bus or train, get off a stop before your destination. Walk the rest of the way.
- If you can, spend a few minutes of your lunch break taking a walk outside. It should help you stay awake after lunch.
- Think of housework as an extra chance to exercise. Vacuuming briskly can be a real workout.
- Mowing the lawn, pulling weeds, and raking leaves are chores that can be done by you as a chance to exercise.
- If you have a dog, think of the dog as an exercise machine with fur. A brisk walk with the dog is good for both of your hearts. Make it a part of your daily routine.
- If you have a family, schedule an after-dinner walk. Make it quality time.

The Human Heart, Franklin Institute, UNISYS, 1996-2011, web team@www.fi.edu, Resources for Science Learning.



LOOKING FOR PAST ARTICLES.....go to link:

http://daughtersofthenile.com/action_news.htm