



Cathy Says...

Healthy Hearts for All Ages!

Good eating and regular exercise are an essential part of living healthier. Heart disease is a major killer of people of all ages and often, what we put into our mouths is a contributor to heart disease. While many of us have made healthy changes to our diets, there is still room for improvement. Let's start by seriously evaluating what we are really eating. Sometimes it takes inspiration; check out our healthy cook-book selection in the store or the recipes on our website.

Create heart healthy meals that incorporate whole foods such as quinoa, brown rice, and beans along with abundant vegetables. Add a little dark chocolate for dessert, and you have a meal made for your heart.

We all lead busy lives and fitting in exercise can be challenging. The heart is a muscle, and just like the rest of our muscles, if it doesn't get used, it gets weak. So grab a friend and participate in a brisk activity for at least 30 minutes, 4 to 5 times a week. Keep exercise interesting by mixing up your activities. You owe it to yourself, and your family to live healthier. So this February, let Harvest Health Foods help you take healthy steps to a healthier heart.

Want to learn more? Join us for our February Seminar on **Heart Health** with Dale Tamminga, Naturopathic Doctor, on February 10th and February 25th. See the event calendar for the complete details.