



HCSF Newsletter



February 2008



Take heart! Besides being the month of love and friendship, February is **American Heart Month**. The best way to take care of your heart is by having good eating habits and staying active to make your heart strong. This month, why not turn off the TV and video games, and get active for a **healthy heart!** Tell someone you love them on Feb 14th – Valentine's Day. Jump for joy on Leap Day - Feb 29!

Wisdom from the Elders

Loving ourselves and others is good medicine -- for our bodies and our hearts. It is important to think and share positive and healing words with our children and ourselves. We should tell our children and other loved ones daily how special they are to us. Watch how compliments and words of love and respect spread happiness and wellbeing while encouraging others to do the same! Positive words bring smiles and health to the one who hears and also to the one who speaks.

-A Lac du Flambeau elder



Heart Healthy Habits



You Are What You Eat

Better food habits can help you reduce your risk of heart disease. Include high-fiber foods, like whole grains, fruits, and vegetables, in your diet. They take longer to digest, so they make you feel full longer. In addition, many fruits and vegetables contain water, which provides volume but not calories. Check out the heart healthy [whole wheat pancakes](#) recipe on the back!

Pump It Up!

Remember that your heart is a muscle. If you want it to be strong, you need to exercise it. So, how do you do that? By being active in a way that gets you huffing and puffing, like dancing, jumping rope, or playing basketball. Aim to be active everyday!



More Benefits

Not only does staying active everyday reduce the risk of heart disease, it improves blood circulation throughout the body, boosts energy levels, helps manage stress and helps you sleep better. Whether being active means a structured exercise program or just part of your daily routine, all physical activity leads to a healthier heart.



Feel the Love

Love and friendship are also important for a healthy and happy heart. Build emotional connections with your family and friends by spending quality time together—like cooking and eating dinner together or playing games. Exercising is more fun when doing it with a partner—so grab a buddy and get moving!



Physical Activities in Your Daily Lives

Fitting in exercise can be easy when you combine it with other activities.

- ♥ Instead of playing the "While you're up game", get up off the couch and get your own drink or put the movie in yourself ☺
- ♥ Go out for a short walk before breakfast, after dinner, or both! Start with 5-10 minutes and work up to 30 minutes. - Being active doesn't have to happen all at once!
- ♥ Stretch to reach items in high places and squat or bend to look at items at floor level. Remember – lift with your legs, not your back!
- ♥ At work, walk down the hall to speak with someone rather than using the telephone.
- ♥ Put your favorite music on while doing household chores. You can dance with your kids or by yourself. Time will fly by!

"Work like you don't need the money.
Love as if you have never been hurt.
Dance like no one is watching.
Sing like no one is listening.
And live everyday as if it were your last"



*"Sometimes our hearts get tangled
And our souls a little off-kilter
Friends and family can set us right
And help guide us back to the
light."*

~Sera Christann

Heart-Shaped Low-Fat Whole Wheat Pancakes

with Strawberry Sauce

Makes 8 pancakes/ 4 Servings

Ingredients:

Pancakes:

- 1 cup and 2 Tbs whole wheat flour
or Bisquick Heart Smart pancake mix*
- 1 Tbs brown sugar
- 2 Tbs apple sauce
- 1 cup and 2 Tbs water
- 1 ½ tsp baking powder
- Pinch of salt

Strawberry Sauce:

- 16 oz. of strawberries, fresh or frozen
(unsweetened and thawed)
- 1 tsp lemon juice
- 2 Tbs maple syrup



- ♥ If using Bisquick instead of whole wheat flour, omit the baking powder and salt

Directions:

Pancakes: Sift all dry ingredients together. Add apple sauce and water, and mix until batter drips from spoon (but not too runny). Heat frying pan and spray with low-fat cooking spray. Dip your finger in some water and flick it onto the surface of the pan. If it sizzles, go for it.



Ladle about ¼ cup of batter into the pan and let it cook until small bubbles form in the center. Flip. Keep completed pancakes warm in a preheated oven covered with a paper towel to keep the moisture in. Cut out heart shapes with a cookie cutter. Serving size 2 pancakes.

Strawberry Sauce: Mash strawberries to a chunky puree. Heat them in a small saucepan over a low flame, until they are just warm. Stir in lemon juice and maple syrup. Serving size is 1/3 cup of sauce.