

DO YOU HAVE THE HEART OF A CHAMPION?

By Luigi Gratton, M.P.H.

Do you want to enjoy a long, active life full of energy and vitality? You'll have to put your heart into it. Maintaining a strong, healthy cardiovascular system is essential to your overall health and quality of life. So why wait? Start making life choices today that will give you the heart of a champion – and the life of a winner. Here are a few ideas to get you started:

1. STEP UP YOUR GAME

Get your body moving. Studies show that moderate physical activity can strengthen the heart. Regular exercise – jogging, weight lifting, playing sports – is key to a healthy heart and a rich and fulfilling life. Not interested in playing sports or joining a gym? Try walking. Taking 6,000 to 10,000 steps every day is terrific for your heart. A pedometer, available at most sports shops, can help you keep track of your steps throughout the day. Try different types of exercise, find the ones you really enjoy, and make them a regular part of your life.

2. EAT LIKE A WINNER

Forget the fast food. Junk the junk food. Create a heart-healthy diet. That means healthy protein, healthy fatty acids like Omega-3s, lots of water and plenty of fruits and vegetables. The way you eat is important, too. So don't skip meals. Schedule regular times for meals and snacks. And try not to eat anything within a few hours of going to bed.

3. REST, RECHARGE AND REJUVENATE

And speaking of going to bed... it's time to get some shut-eye. Sleep deprivation has been linked to an increased risk of heart problems. We're busy people, and it can be tempting to shave off an hour or two of sleep to "be more productive." Resist that temptation. Think of it this way: For eight hours of every day of your life, the most productive activity you can engage in for your health is sleeping. So, have a good night – and you'll have a great life.

HEART OF THE MATTER

By Luigi Gratton, M.P.H.

There are nearly 100,000 miles of arteries, veins and capillaries in your body. They allow nutrient-rich blood to nourish the cells and organs of your body. But when they're blocked, it can result in heart attack or stroke, the No.1 and No.3 leading causes of death in the United States.

Obesity is a major risk factor for heart disease. Your heart health alone is reason enough to lose any extra weight you're carrying. But is there anything else you can do to support your heart health?

Take a closer look at the food choices you're making. It's also important to eat enough protein to maintain or build your lean muscle mass, and watch your intake of "good fats" and "bad fats." Fish is a good source of Omega-3 fatty acids – "good fats" that support heart health.

COLOURFUL CHOICES

Make sure to include plenty of colourful fruits and vegetables in a nutrient-rich diet. Some foods are considered particularly heart healthy – garlic, almonds and certain fruits and vegetables. A great way to choose your fruits and vegetables is to use colour as a guide. In general, the deeper the colour, the more nutrient rich it is. Different colours indicate variety of nutrients. See the chart below for the phytonutrients each provides.

SUPPLEMENTATION

With our busy lifestyles, we're often tempted to reach for fast food, which is often unhealthy food. That's why so many people have discovered the benefits of supplementation. If you're not meeting your daily requirements through food, supplements can fill in the gaps in your diet, helping you meet your nutritional requirements.

Losing weight is one of the most important steps you can take for your cardiovascular health. But don't stop there. Make sure you're doing everything you can – eat right, exercise, get regular medical checkups and take supplements.

Orange-yellow (terpenoids, Vitamin C)	Oranges, tangerines, peaches, papayas, nectarines
Orange (alpha- and beta-carotene)	Carrots, mangos, apricots, cantaloupes, pumpkin, winter squash, sweet potatoes
Red-purple (anthocyanidins, resveratrol)	Red grapes, fresh plums, cranberries, raspberries, blackberries, blueberries, strawberries
Red (lycopene)	Tomatoes and tomato products, pink grapefruit, watermelon
Yellow-green (lutein)	Spinach, avocado, honeydew melon, collard greens, mustard greens, yellow corn, green peas
Green (glucosinolates)	Broccoli, brussels sprouts, cabbage, Chinese cabbage, bok choy
White-green (allyl sulfides)	Garlic, chives, onions, celery, leeks, asparagus

HEART TO HEART

By Lou Ignarro, Ph.D.

HEART HEALTH: A GLOBAL CONCERN

Heart disease is one of the leading causes of death today. According to the American Heart Association's estimates, 1.2 million Americans will have a first or recurrent heart attack in 2008; approximately 452,000 of cases will be fatal.

Worldwide, heart disease touches approximately 17 million people per year—that's almost one-third of all deaths globally. The *Atlas of Heart Disease and Stroke*, released by the World Health Organization, estimates that by 2020, heart disease and stroke will be the leading cause of both death and disability, with the number of fatalities projected to increase to more than 20 million a year.

In Mexico, heart disease has been the leading cause of death for the last 20 years, while in Europe, cardiovascular disease kills 4 million people each year. About half of the world's cases of cardiovascular disease occur in the Asia Pacific region; 1.3 million people die of cardiovascular disease annually in Russia; and, according to a study released by the *New England Journal of Medicine*, cardiovascular disease is the leading cause of death in China.

While these statistics paint a bleak picture, they also present a huge opportunity to promote the benefits of a healthy, active lifestyle. When I think about optimal cardiovascular health, here's what comes to mind:

- Maintaining a healthy weight
- Making sure you get lots of antioxidants from your diet (fruits and vegetables)
- Participating in some form of aerobic exercise on a daily basis
- Making sure you are well hydrated and get plenty of sleep – much of the repair and regenerative work of the body occurs while we sleep

Herbalife's Omega 3 containing product is Herbalifeline contains both sources of Omega 3 fatty acids EPA and DHA, which help support a healthy heart, as part of a healthy lifestyle.

CARDIOVASCULAR HEALTH

Q & A with Lou Ignarro, Ph.D.

Q: WHY IS CARDIOVASCULAR HEALTH SO IMPORTANT?

A: Your cardiovascular system is literally at the heart of your overall health. Maintaining it is crucial for a variety of reasons. It gives you energy and the ability to keep up with the daily demands of life. A healthy cardiovascular system is also essential for mental clarity and protecting you against stress. Additionally, cardiovascular health contributes to overall vitality.

Q: WHAT KINDS OF THINGS CAN I DO TO IMPROVE MY CARDIOVASCULAR HEALTH?

A: There are several things you can – and should – incorporate into your life to maintain a healthy cardiovascular system. Exercise is crucial. Brisk walks, sit-ups, light weight training, swimming and cycling are all excellent, low-impact and efficient exercises for any fitness level. The important thing is to do something every day. Another important factor is proper eating – and that means getting the right amount of essential vitamins and other nutrients, as well as antioxidants.