

February is Heart month

Written by Holyoke Enterprise

February is American Heart month, and not because of Valentine's Day. Every year, the president has issued a proclamation to this effect to help raise public awareness of heart disease. Even though most people associate heart disease with men, it's also the leading cause of death among women. People can improve their health by becoming involved in the StrongWomen—Healthy Hearts Program.

The team at Tufts University in Boston, Mass. who brought strength-training programs to midlife and older women throughout the U.S. has developed an exercise and nutrition program designed to help women improve their heart health.

The StrongWomen—Healthy Hearts Program is a fun, hands-on way to make positive changes to help women eat better, move more and improve their general health and well-being.

StrongWomen—Healthy Hearts is a 12-week, twice-weekly program being offered.

During these hour-long classes women will learn about heart-healthy eating patterns and weight control techniques. Some topics include portion control, menu planning and approaches to a healthy diet.

Participants will also engage in aerobic exercise, either walking or aerobic dancing. This program is meant for women 40 years of age and older who have been mostly or completely inactive for the past few years and are interested in improving their health, vitality and well-being. It starts gently and slowly helps women build up their fitness.

If interested in this program, contact Gisele Jefferson of Colorado State University Extension, Gisele.jefferson@colostate.edu or by calling 970-345-2287. In Phillips County, local classes are being coordinated by Tracy Tumper at the Phillips County Extension Office, 854-3616 or by e-mail at tracy.trumper@colostate.edu.