

What is Heart Disease?

Heart disease (cardiovascular disease) occurs when one's heart is no longer functioning at full health. This could be due to...

- ♥ Clogged arteries
- ♥ Damaged heart valves
- ♥ Heart not pumping enough blood¹

Risk Factors

- ♥ High blood pressure
- ♥ High cholesterol
- ♥ Genetic history of diabetes or heart disease
- ♥ Lifestyle factors such as:
 - ♥ Smoking
 - ♥ Drinking
 - ♥ Poor diet
 - ♥ Being overweight/obese
 - ♥ Lack of exercise

<http://www.bellingham.org/activities/hiking/>

It's important to stay active in your own life, and encourage those around you to do the same. Simple life choices like the ones talked about in this brochure can make all the difference. Whatever you choose, remember that **Every Step Matters!**

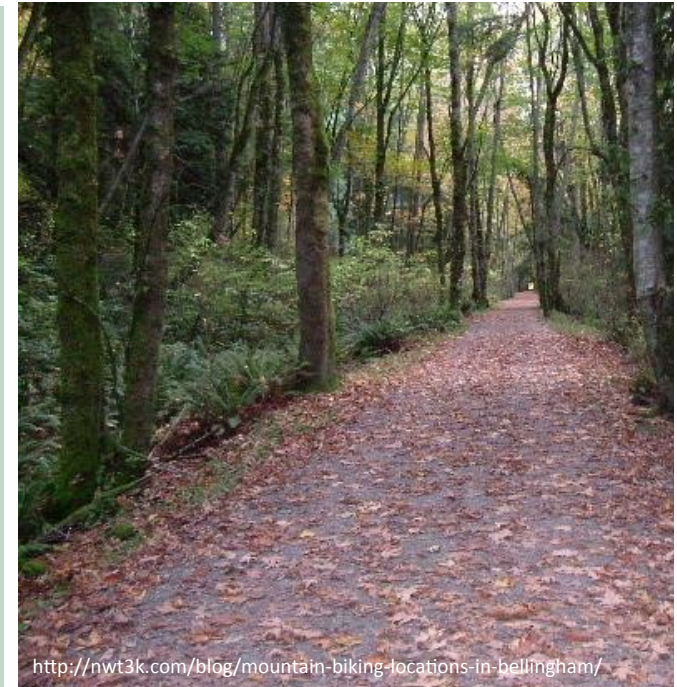
Every Step Matters In Preventing Heart Disease

Every **60 seconds**, someone in the United States dies from a heart disease-related event¹

In the United States, someone has a heart attack every **34 seconds**¹

References

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3. 5 Active Alternatives to Screen Time. (2014, January 16). Retrieved January 18, 2016, from <http://www.eatright.org/resource/fitness/exercise/family-activities/5-active-alternatives-to-screen-time>
4. The Health Benefits of Dogs (and Cats). (n.d.). Retrieved January 18, 2016, from <http://www.helpguide.org/articles/emotional-health/the-health-benefits-of-pets.htm>
5. City of Bellingham. (n.d.). Bellingham Trail Guide. Retrieved January 25, 2016, from <http://www.cob.org/services/recreation/parks-trails/pages/trail-guide.aspx> <http://www.cob.org/services/recreation/activities/Pages/community-gardens.aspx>
6. Anders, M. (2007, September/October). Human Joysticks. ACE Fitness Matters, 13(5), 7-9.



<http://nwt3k.com/blog/mountain-biking-locations-in-bellingham/>

What can physical activity do for your heart health?



- ♥ Improves blood flow through the arteries, reducing blood pressure
- ♥ Strengthens your heart muscle to pump blood more effectively throughout the body and increase oxygen flow to other muscles
- ♥ Reduces LDL (bad) cholesterol that creates plaque and increases HDL (good) cholesterol which helps prevent heart disease²



Ways to incorporate exercise into your daily life...

Volunteer as a family

- ♥ Community gardens and other volunteer opportunities located throughout Bellingham keep you on your feet and giving back to the community³.

Walking instead of sitting

- ♥ From walking your dog around the block to exploring new heights on a trail, Bellingham is a wonderful place for enjoying the outdoors⁴.

Find active games that get you and your family moving around

- ♥ More often than not in the Pacific Northwest it can be difficult to engage in outdoor activities due to poor weather. However, video games like Dance Dance Revolution provides a workout equivalent to riding a bicycle about 12 to 14 miles an hour³.

Learn to love physical activity

- ♥ Bellingham is home to more than 20 yoga studios and provides countless programs and classes that provide opportunity for physical activity without having to go to the gym⁵.

Only have fifteen minutes?

- ♥ Park further away from the building entrance when running errands or going to work.
- ♥ Do household chores, such as sweeping or vacuuming.
- ♥ Ride your bike to work. Bellingham's green "bike boxes" are now open⁵.

For more information about heart disease and what you can do to stay healthy in Bellingham, check out these websites!

- ♥ www.heart.org
- ♥ www.cdc.gov/heartdisease
- ♥ www.bellingham.org/activities
- ♥ www.cob.org/services/recreation/activities/pages/leisure-guide.aspx
- ♥ wp.wvu.edu/blockard/