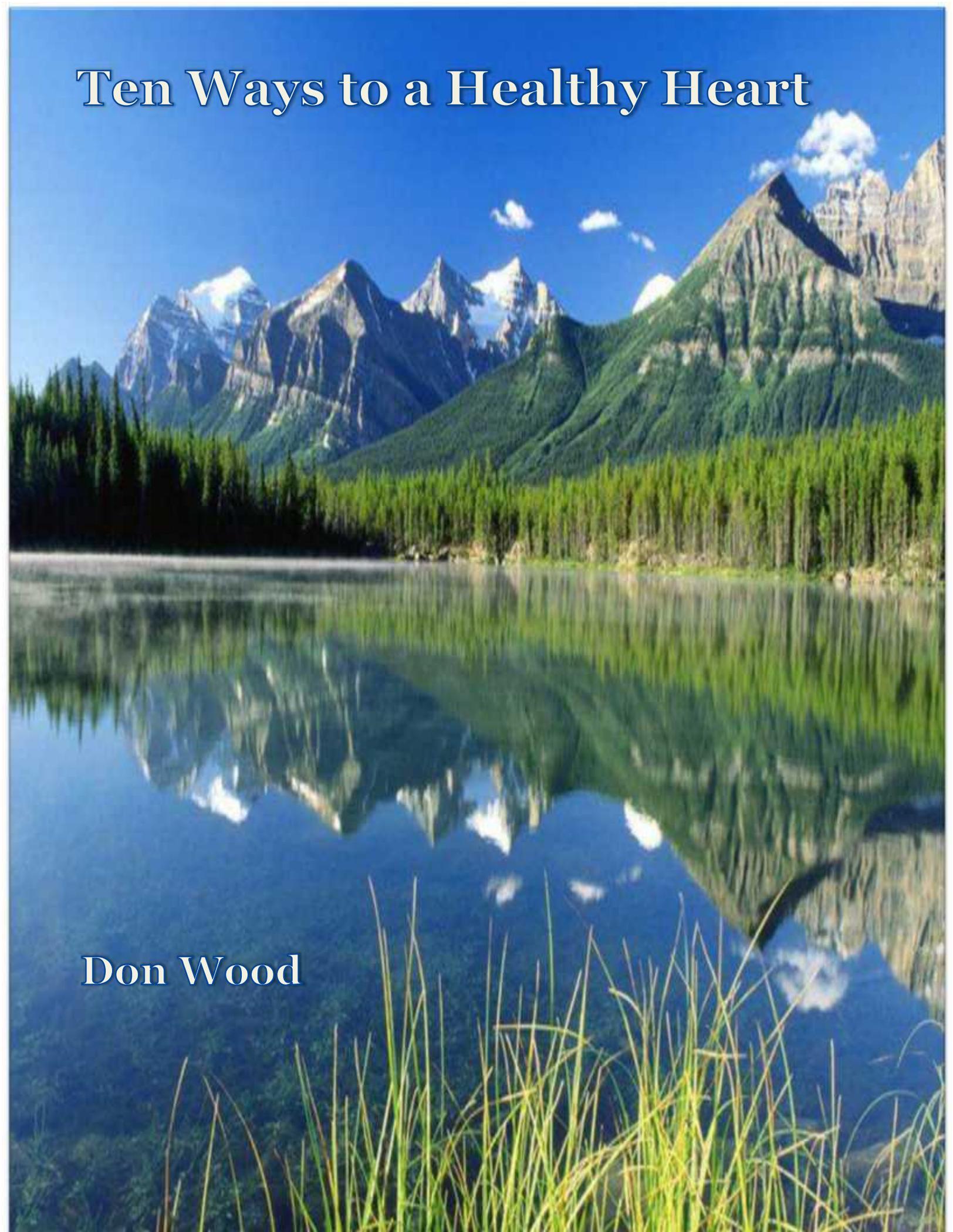


Ten Ways to a Healthy Heart



Don Wood

“You’re having a heart attack and need surgery right away!”

The medical team worked frantically to prepare me for the operating room.

I felt powerless with the very real possibility I wouldn’t survive.

Terrified because I wouldn’t be able to say good-bye to anyone.

A nurse wiped away my tears just before I lost consciousness.

The first thought afterward was that I had another chance with life.

“I’m going to make the most of this opportunity and run with it!”

This could happen to you.

A heart attack occurs every 40 seconds in the United States.

This adds up to 805,000 people each year.

1 in 5 heart attacks are silent without any awareness of the damage that occurred.

I never believed I would be in this predicament.

There were hidden dangers I didn’t have a clue about.

I was determined to know everything possible about this insidious enemy.

I’m passionate about helping people with heart disease prevention and rehabilitation.

This report will provide the information you need to make healthy living a reality.

Why would you want to learn from me?

I spent over 20 years owning a professional athletic training business.

The practice specialized in postural movement, core performance and injury rehabilitation.

This program design used weights, kettlebells, and cardiovascular implementation.

For the past 15 years, I've supported clients through my Life Transformation Program. Commitment to initiate clarity about yourself and what you believe is emphasized. A consistent approach for peak personal and professional performance is developed. This results in leveraging your wellness potential for significant contribution in life. I presently speak to organizations about the lessons learned in my Health Coaching and the transformation from enduring open-heart, kidney, and septic shock surgeries. I'm devoted to help you master challenges with courage and confidence for success.

Let's get started!

The Ten Ways to a Healthy Heart

1. Get a Health Screening & Checkup

- *More Americans die of heart disease every year than all cancers combined.
- *Heart Disease costs the United States \$316 Billion every year.
- *Heart Disease is mostly preventable and reversible.
- *Learn your family health history and know your health numbers.
- *Blood Pressure and Cholesterol tests need to be performed annually.
- *Complete Diabetes evaluations between ages 30-45, and every 3 years afterward.

2. Know the Risk Factors for Heart Disease & Heart Attack

*Major Risk Factors include High Blood Pressure, High LDL Cholesterol, and Smoking.

*Secondary Risk Factors are Obesity, Diabetes, Poor Diet, Inactivity, and Alcohol use.

*Only 27% of Americans know the major warning signs of a Heart Attack:

- Chest pain and discomfort.
- Discomfort in arms, jaw, back, neck, and stomach.
- Shortness of breath.
- Nausea, light-headedness, and cold sweats.

3. Maintain a healthy weight

*Obesity is a bigger global crisis than hunger, and it's a precursor for disease.

*It's currently estimated that 80% of adults are overweight.

*40% of adults are obese, compared to only 13% in 1962.

*The annual costs in the United States for this epidemic is \$254 billion.

*Expenditures for Obesity will be \$957 billion annually by 2030.

*By 2025, 60% of adults over the age of 40 will be obese.

*Lose weight to reduce the risk of high blood pressure, diabetes, and heart disease.

4. Eat a healthy diet

- *Have meals rich in fruits, vegetables, whole grains, nuts, and fish.
- *Limit intake of red meat, dairy products, and coconut oils with saturated fats.
- *Avoid deep fried foods and margarine which contain trans fats.
- *Omega 3 fatty acids protect against irregular heartbeat and lowers blood pressure.
- *Omega 3 fatty acids are found in salmon, flaxseed, walnut, soybean, and canola oils.
- *Cranberries, blueberries, red grapes, green tea, and dark chocolate contain antioxidants.
- *Antioxidants protect cells against free radicals and are great for cardiovascular health.

5. Get plenty of rest.

- *Poor sleep habits are linked to heart attacks, strokes, diabetes, depression, and obesity.
- *Six hours or less of sleep produces a 48% greater chance of developing heart disease.
- *If one hour of sleep is added, there's a 33% decrease of plaque in your arteries.
- *Our bodies function optimally on a regular waking and sleeping schedule.
- *Getting eight hours of sleep every night will completely transform your life!
- *Avoid blue light emitted from electronic screens one hour before bedtime.
- *Stomach breathing activates the relaxation response and helps you drift off to sleep.

6. Quit Smoking

- *Half of all people who have heart attacks are smokers.
- *People who smoke are 24 times more likely to develop heart disease.
- *Smoking decreases oxygen to the heart, raises blood pressure and heart rate, promotes clotting, and damages the cells that line the coronary arteries.
- *Secondary smoke causes chronic respiratory issues, cancer, and heart disease.
- *70,000 non-smokers die each year due to exposure to tobacco smoke.

7. Schedule an appointment with your Dentist

- *Research shows that people with poor dental health have more heart attacks.
- *Bacteria that cause periodontitis have been found in the arteries of the heart.
- *Oral bacteria can also harm blood vessels or cause blood clots by releasing toxins.
- *Schedule a visit with your dentist twice a year for oral exams and cleanings.

8. Commit to an Exercise Program

- *It's very important to visit your doctor before starting fitness training.
- *Lack of exercise is a leading risk factor for heart disease.
- *70% of adults don't participate in any physical activities.

- *Exercise will lower blood pressure, increase fat loss, and build muscle mass.
- *Working out prevents blood clots from forming that causes a stroke or heart attack.
- *Exercise increases good HDL cholesterol in your blood to transport fat away from your arteries back to your liver for proper processing.
- *Bad LDL cholesterol levels are reduced which form fatty acid deposits in the arteries.
- *There are 3 exercise categories: stretching, cardiovascular, and resistance training.
- *Stretching aids in flexibility and relaxation. Consider doing this at least twice each week.
- *Yoga is an outstanding way to relieve the stress your body tolerates on a daily basis. It's beneficial for improving your physical and mental balance.
- *Aerobic activities 30 minutes a day is essential for increasing your heart rate...swimming, jogging, walking, biking, jumping rope, and rowing are great options.
- *You don't need to go to a gym... A good pair of walking shoes will work!
- *Take the stairs. Park your car farther away from the entrance to the building.
- *Perform bodyweight exercises such as pushups, sit-ups, squats, and lunges.
- *Resistance training is great for building stamina and muscle. It also helps to prevent age related bone and muscle mass loss.
- *Kettlebells and dumbbells are an efficient method to building strength.

9. Reduce Stress

*Stress is a normal aspect of life.

*It's caused by any adjustments needed with physical or emotional changes.

*Situations which make someone feel "stressed" are called stressors.

*Being able to identify stressors and releasing tension is crucial to manage stress.

*Some stressors include illness, death, personal problems, work overload, unemployment, retirement, relocation, legal issues, and financial struggles.

*Signs of stress fall into four categories: Physical, mental, emotional, and behavioral.

*Physical signs include aches and pains, dizziness, grinding teeth, indigestion, sleep difficulties, fatigue, weight gain or loss, ringing in the ears, bad posture, and trembling.

*Mental signs are constant worry, difficulty with decisions, forgetfulness, lack of creativity, loss of a sense of humor, and poor memory.

*Emotional aspects of stress would be anger, anxiety, depression, crying, mood swings, feeling hopeless, irritability, loneliness, nervousness, and sadness.

*Behavioral examples would be compulsive eating, negativity, impulsiveness, withdrawal, drug or alcohol abuse, frequent job changes, and explosive actions.

*Stress is a risk factor for heart disease through the release of stress hormones throughout the body as an adaptation to stressors in someone's life.

*The release of the stress hormones adrenaline and cortisol create dangerous blood clots.

*The key to success with stress is taking action with this information.

*Every path has a destination in life...we're responsible for our choices.

10. Develop Productive Habits

*Habits streamline and simplify our lives.

*They become automatic, requiring little mental and emotional energy.

*Studies show that success is probable when good habits are formed.

*Here are some strategies for creating great habits that stick:

*Start small...big goals require lots of willpower that wear you out and make you quit.

*Choose one behavior and make it habitual before you add a second one.

*Build a positive habit by attaching it to existing automatic behaviors using cues.

*Decide beforehand exactly when and where the behavior is going to take place.

*Make a pact with someone to advance a habit together for accountability.

*Reward yourself for each step in the right direction, no matter how small.

*Environment drives behavior...stage your success by removing negative triggers.

*You're the average of the five people you spend time with, so be selective.

*Mindset matters...show up and follow through on your positive habits every day.

*When you know why you need to achieve something, you'll discover how.

*It takes four to five “whys” to discover the real reason in any situation.

*Goal → Why? → Why? → Why? → Why? → Why? → The Heart of the Matter!

*We're blessed with unique abilities to share in order to benefit others.

*Our lives are meant to be significant and meaningful.

*We have a responsibility to live healthy to fulfill our life purpose.

*We become an influence of inspiration and encouragement for everyone.

Congratulations on your commitment to improve the quality of your life.

Always remember that anything is possible if you believe in yourself.

If you want additional resources for elevating your vitality and leadership, go to:

www.donwoodspeaks.com

I look forward to supporting your journey for exceptional health.

Best wishes to you for everlasting wellness and prosperity!

