

# KEEP the BEAT

SET GOALS FOR A HEART HEALTHY YEAR!



U.S. DEPARTMENT OF HEALTH and HUMAN SERVICES • National Institutes of Health • National Heart, Lung, and Blood Institute



**KEEP THE BEAT**—Resolve to eat healthy & move more!

Aim for a Healthy Weight!

# January

January 21-27 is Healthy Weight Week

Make some heart healthy changes in 2007.

This calendar includes spaces for you to write down nutrition and physical activity goals each month, like “cut down on portion sizes” or “take a walk with your family after dinner.” Check the “active today” circle when you are physically active. Use the charts in the back of the calendar to keep track of your weight, blood pressure, cholesterol, and blood sugar.

So start the new year by making a plan to eat healthy, aim for a healthy weight, and be physically active.

## A healthy weight has many benefits.

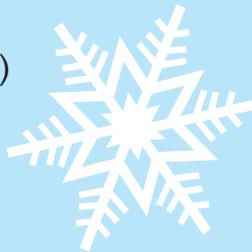
A healthy weight helps you lower your risk for heart disease, high blood pressure, diabetes, and other conditions. It also helps you feel good about yourself, and gives you more energy to enjoy life.

Losing 1-2 pounds per week by eating healthy and being physically active is a reasonable and safe weight loss. To help decide if you need to lose weight, see the body mass index (BMI) chart in the back of this calendar or use the BMI calculator on the National Heart, Lung, and Blood Institute Web site at

<http://nhlbisupport.com/bmi>

Also, visit the Aim for a Healthy Weight Web site for materials and practical tips on weight management at

<http://healthyweight.nhlbi.nih.gov>



## You can do it!

### GOALS FOR HEART HEALTH

EAT WELL  \_\_\_\_\_

BE ACTIVE  \_\_\_\_\_

OTHER  \_\_\_\_\_

SUN

MON

TUE

WED

THU

FRI

SAT

Try the Spaghetti with Turkey Meat Sauce recipe from "Keep the Beat: Heart Healthy Recipes," page 71, at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)



**1** New Year's Day

**2**

ACTIVE TODAY!

**3**

ACTIVE TODAY!

**4**

ACTIVE TODAY!

**5**

ACTIVE TODAY!

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ACTIVE TODAY!

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ACTIVE TODAY!

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ACTIVE TODAY!

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ACTIVE TODAY!

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ACTIVE TODAY!

**15** Martin Luther King, Jr.'s Birthday

ACTIVE TODAY!

**16**

ACTIVE TODAY!

**17**

ACTIVE TODAY!

**18**

ACTIVE TODAY!

**19** First of Muharram begins at sundown

ACTIVE TODAY!

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ACTIVE TODAY!

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ACTIVE TODAY!

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ACTIVE TODAY!

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ACTIVE TODAY!

**24**

ACTIVE TODAY!

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ACTIVE TODAY!

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ACTIVE TODAY!

**28**

ACTIVE TODAY!

**29** Ashura begins at sundown

ACTIVE TODAY!

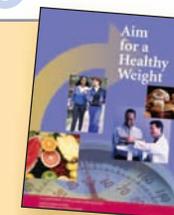
**30**

ACTIVE TODAY!

**31**

ACTIVE TODAY!

Request a copy of the "Aim for a Healthy Weight" booklet. See the back of the calendar for ordering information.



KEEP THE BEAT and spread the word about...

The Heart Truth  
on Women and Heart Disease

# February



● **The Heart Truth** is that heart disease is the #1 killer of American women. The Heart Truth's Red Dress is the national symbol for women and heart disease awareness.

● **February 2 is National Wear Red Day** in recognition of the need to give women an urgent wake-up call about their risk of heart disease. Participate by showing off a favorite red dress, shirt, or tie and wearing the Red Dress pin.

● **Visit [www.hearttruth.gov](http://www.hearttruth.gov)** 

## Caring for Your Own Health & Your Family's Health

**As you make changes in your own daily habits, why not get the whole family involved?** Set a good example, and your children and grandchildren will be more likely to do the same!

- Invite them to join you in eating nutritious snacks and being physically active. Get them moving, and go on family hikes and walks.
- Raise "kitchen kids," and teach children how to clean fruits and vegetables and prepare simple, healthy meals. Children who have basic cooking skills appreciate food more and are more likely to try new dishes.



## GOALS FOR HEART HEALTH

- EAT WELL  \_\_\_\_\_
- BE ACTIVE  \_\_\_\_\_
- OTHER  \_\_\_\_\_

SUN	MON	TUE	WED	THU	FRI	SAT
<p>"With the many risk factors for heart disease, our greatest risk is ignorance. So I encourage every one of you to go home, pull out your favorite red dress, and tell every woman you know that heart disease doesn't care what you wear." -First Lady Laura Bush</p>				<b>1</b> <input type="radio"/> ACTIVE TODAY!	<b>2</b> Groundhog Day National Wear Red Day  <input type="radio"/> ACTIVE TODAY!	<b>3</b> <input type="radio"/> ACTIVE TODAY!
<b>4</b> <input type="radio"/> ACTIVE TODAY!	<b>5</b> <input type="radio"/> ACTIVE TODAY!	<b>6</b> <input type="radio"/> ACTIVE TODAY!	<b>7</b> <input type="radio"/> ACTIVE TODAY!	<b>8</b> <input type="radio"/> ACTIVE TODAY!	<b>9</b> <input type="radio"/> ACTIVE TODAY!	<b>10</b> <input type="radio"/> ACTIVE TODAY!
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<b>18</b> Chinese New Year <input type="radio"/> ACTIVE TODAY!	<b>19</b> Presidents Day Eastern Orthodox Lent <input type="radio"/> ACTIVE TODAY!	<b>20</b> <input type="radio"/> ACTIVE TODAY!	<b>21</b> Ash Wednesday <input type="radio"/> ACTIVE TODAY!	<b>22</b> <input type="radio"/> ACTIVE TODAY!	<b>23</b> <input type="radio"/> ACTIVE TODAY!	<b>24</b> <input type="radio"/> ACTIVE TODAY!
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For a tart & tangy dessert that's cholesterol-free, try the Winter Crisp recipe from "Keep the Beat: Heart Healthy Recipes," page 135, at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).



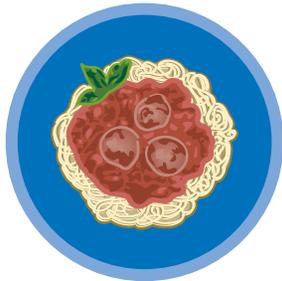
# March

KEEP THE BEAT for heart healthy nutrition.



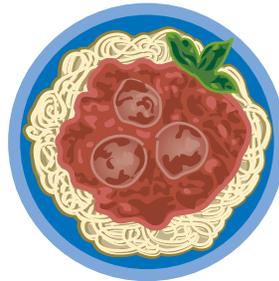
National Nutrition Month

Do you know how food portions have changed in the last 20 years?



**20 YEARS AGO**  
500 calories

**Spaghetti with Meatballs**



**TODAY**  
??? calories

Visit NHLBI's Portion Distortion Web site to see how other food portions and calories have changed:  
<http://hin.nhlbi.nih.gov/portion>



## Chicken and Spanish Rice

- 1 C onions, chopped
- 1/4 C green peppers
- 2 tsp vegetable oil
- 1 can (8 oz) tomato sauce\*
- 1 tsp parsley, chopped
- 1/2 tsp black pepper
- 1 1/4 tsp garlic, minced
- 5 C rice, cooked (in unsalted water)
- 3 1/2 C chicken breast, cooked, skin and bone removed, diced



\* Reduce sodium by using one 4-oz can of no salt added tomato sauce and one 4-oz can of regular tomato sauce. New sodium content for each serving is 226 mg.

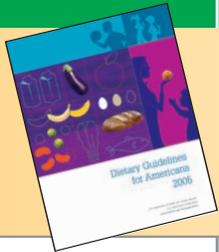
1. In large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. Heat through.
3. Add cooked rice and chicken. Heat through.

**Yield:** 5 servings. **Serving size:** 1 1/4 cup each.  
**Each serving provides:** Calories: 406, Total fat: 6 g, Saturated fat: 2 g, Cholesterol: 75 mg, Sodium: 367 mg, Total fiber: 2 g, Protein: 33 g, Carbohydrates: 52 g, Potassium: 527 g

### GOALS FOR HEART HEALTH

- EAT WELL  \_\_\_\_\_
- BE ACTIVE  \_\_\_\_\_
- OTHER  \_\_\_\_\_

SUN	MON	TUE	WED	THU	FRI	SAT
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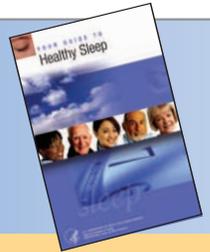


Find a way to a healthier you. Check out the Dietary Guidelines consumer brochure for information on nutrition and physical activity at [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)

1 <input type="radio"/> ACTIVE TODAY!	2 <input type="radio"/> ACTIVE TODAY!	3 Purim begins at sundown <input type="radio"/> ACTIVE TODAY!
4 <input type="radio"/> ACTIVE TODAY!	5 <input type="radio"/> ACTIVE TODAY!	6 <input type="radio"/> ACTIVE TODAY!
7 <input type="radio"/> ACTIVE TODAY!	8 <input type="radio"/> ACTIVE TODAY!	9 <input type="radio"/> ACTIVE TODAY!
10 <input type="radio"/> ACTIVE TODAY!	11 Daylight saving—spring forward! <input type="radio"/> ACTIVE TODAY!	12 <input type="radio"/> ACTIVE TODAY!
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16 <input type="radio"/> ACTIVE TODAY!	17 St. Patrick's Day <input type="radio"/> ACTIVE TODAY!	18 <input type="radio"/> ACTIVE TODAY!
19 <input type="radio"/> ACTIVE TODAY!	20 <input type="radio"/> ACTIVE TODAY!	21 First day of spring <input type="radio"/> ACTIVE TODAY!
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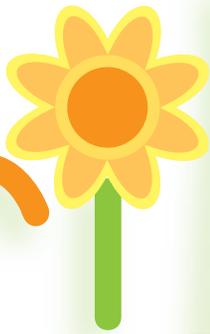

**March 5–11**  
**Sleep Awareness Week**  
 Develop good sleep habits for yourself and your family.

- To get a good night's sleep:**
- ★ Go to bed and wake up at the same time each day—even on weekends.
  - ★ Allow at least 8 hours in your schedule for sleep.
  - ★ Avoid caffeine, nicotine, and alcohol—they can make it hard to fall asleep or stay asleep.



KEEP THE BEAT at a healthy weight!

April



Who can make it happen?  
We Can!

April 23–29 is TV-Turnoff Week  
([www.tvturnoff.org](http://www.tvturnoff.org))



## Wean the Screen!

Studies have shown that spending more than 2 hours a day in front of a screen—watching TV, surfing the Internet, or playing video games—increases your chances of being overweight or obese. But the average child in the United States spends 3 times that amount!

TV Turnoff Week is the perfect time for your family to wean the screen! You can make it happen! Replace time spent watching television with time for physical activity, reading books, or playing games with the family. Set limits on TV watching and play ball instead of a video game with your kids.

Is your child at a healthy weight?

Here are three things you can do:

- Help them make healthy food choices.
- Get more physical activity.
- Be lean on screen time.

**We Can!** (Ways to Enhance Children's Activity & Nutrition) can help. For more tips and resources to help children 8 to 13 years old maintain a healthy weight, visit <http://wecan.nhlbi.nih.gov> or **1-866-35 WeCan.**



## GOALS FOR HEART HEALTH

EAT WELL  \_\_\_\_\_

BE ACTIVE  \_\_\_\_\_

OTHER  \_\_\_\_\_

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<p><b>8</b> Easter Eastern Orthodox Easter</p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>9</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>10</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>11</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>12</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>13</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>14</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>
<p><b>15</b> Holocaust Remembrance Day</p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>16</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>17</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>18</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>19</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>20</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>21</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>
<p><b>22</b> Earth Day</p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>23</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>24</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>25</b> Administrative Professionals Day</p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>26</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>27</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>28</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>
<p><b>29</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<p><b>30</b></p> <p><input type="radio"/> ACTIVE TODAY!</p>	<div data-bbox="661 1307 955 1453" data-label="Image"> </div> <div data-bbox="987 1307 1680 1453" data-label="Text"> <p><b>What's the key to a healthy weight?</b> Balancing <b>energy in</b> with <b>energy out</b>. Find out how your family can find the balance with <b>WE CAN! (Ways to Enhance Children's Activity &amp; Nutrition)</b>.</p> </div> <div data-bbox="1711 1291 1963 1469" data-label="Image"> </div>				

# May

**KEEP THE BEAT** and control blood pressure!

National High Blood Pressure  
Education Month

High blood pressure  
affects 1 in every 4  
American adults.



What can you do to prevent or control high blood pressure?

- Follow the DASH eating plan—with a variety of fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, and nuts.
- Eat less salt and sodium. Choose fresh or frozen vegetables, fresh lean meats, fish, and poultry. Limit packaged foods such as cold cuts, canned foods, chips and crackers, instant pasta and rice mixes. Also limit foods such as bacon and ham. Cook foods without salt, and use spices and herbs instead of salt.
- Be physically active for at least 30 minutes, most days of the week.
- Aim for a healthy weight.
- If you drink alcoholic beverages, do so in moderation.
- If you have high blood pressure, take your medicine as directed.



Learn more about  
lowering your  
blood pressure  
and the DASH  
Eating Plan at

[www.nhlbi.nih.gov/hbp](http://www.nhlbi.nih.gov/hbp)



## GOALS FOR HEART HEALTH

EAT WELL

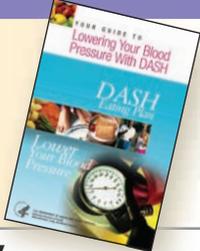
BE ACTIVE

OTHER

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SUN	MON	TUE	WED	THU	FRI	SAT
<p>Try the <b>Spicy Baked Fish</b> recipe from "Your Guide to Lowering Blood Pressure with DASH," page 52, at <a href="http://www.nhlbi.nih.gov/hbp">www.nhlbi.nih.gov/hbp</a></p> 		<p><b>1</b> May Day</p> <input type="radio"/> ACTIVE TODAY!	<p><b>2</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>3</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>4</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>5</b> Cinco de Mayo</p> <input type="radio"/> ACTIVE TODAY!
<p><b>6</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>7</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>8</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>9</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>10</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>11</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>12</b></p> <input type="radio"/> ACTIVE TODAY!
<p><b>13</b> Mother's Day</p> <input type="radio"/> ACTIVE TODAY!	<p><b>14</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>15</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>16</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>17</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>18</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>19</b> Armed Forces Day</p> <input type="radio"/> ACTIVE TODAY!
<p><b>20</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>21</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>22</b> Shavuot begins at sundown</p> <input type="radio"/> ACTIVE TODAY!	<p><b>23</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>24</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>25</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>26</b></p> <input type="radio"/> ACTIVE TODAY!
<p><b>27</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>28</b> Memorial Day</p> <input type="radio"/> ACTIVE TODAY!	<p><b>29</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>30</b></p> <input type="radio"/> ACTIVE TODAY!	<p><b>31</b></p> <input type="radio"/> ACTIVE TODAY!	<p>National Women's Health Week is <b>MAY 13-19</b></p>	

**Women are encouraged to take simple steps to improve their health:**

- Visit a health care provider for an annual checkup and health screening.
- Be physically active every day for at least 30 minutes.



**KEEP THE BEAT** with summer fun!

Enjoy outdoor activities!

# June

June is a great month for fun summer activities. If you haven't been active for awhile, start with walking, biking, or swimming at a comfortable pace. Trying too hard at first can lead to injury. You can also break up your activities into short periods, such as 15 minutes at a time—with a goal to reach 30 minutes most days of the week.



## IT'S NATIONAL FRESH FRUIT & VEGETABLE MONTH.

Celebrate by choosing a variety of fruits and vegetables each day.

### RAINBOW FRUIT SALAD



#### For fruit salad

- 1 large mango, peeled, diced
- 2 C fresh blueberries
- 2 bananas, sliced
- 2 C fresh strawberries, halved
- 2 C seedless grapes
- 2 nectarines, unpeeled, sliced
- 1 kiwi fruit, peeled, sliced

#### For honey-orange sauce

- 1/3 C orange juice, unsweetened
- 2 Tbsp lemon juice
- 1 1/2 Tbsp honey
- 1/4 tsp ground ginger
- dash nutmeg

1. Prepare the fruit, and combine all ingredients for sauce and mix.
2. Just before serving, pour honey-orange sauce over fruit.

**Yield:** 12 servings. **Serving size:** 4-oz cup each.

**Each serving provides:** Calories: 96, Total fat: 1 g, Saturated fat: less than 1 g, Cholesterol: 0 mg, Sodium: 4 mg, Total fiber: 3 g, Protein: 1 g, Carbohydrates: 24 g, Potassium: 302 g

### GOALS FOR HEART HEALTH

EAT WELL

BE ACTIVE

OTHER

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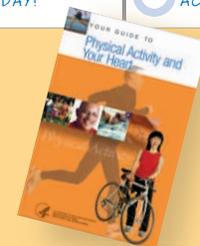
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SUN	MON	TUE	WED	THU	FRI	SAT
<p>June 11–17 is National Men's Health Week. Men and boys are encouraged to have annual health examinations and preventive screenings.</p>					1	2
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17 Father's Day	18	19	20	21 First day of summer	22	23
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For more information on physical activity and ideas about how to keep moving, check out "Your Guide to Physical Activity and Your Heart" at <http://healthyweight.nhlbi.nih.gov>  
See the back of the calendar for ordering information.



KEEP THE BEAT in the out-of-doors!

# National Recreation and Parks Month

# July

## Mango Shake

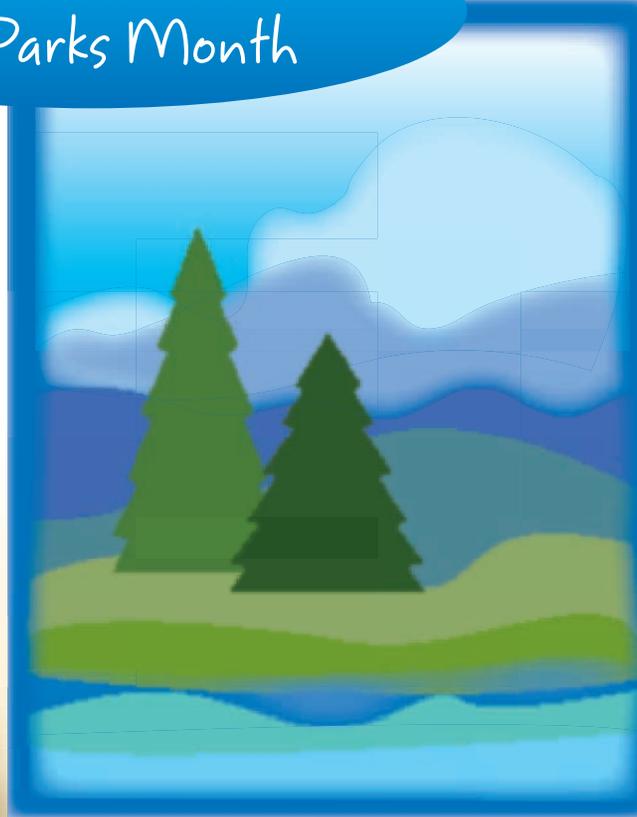
You'll love the creamy taste of this shake!

- 2 C low-fat milk
- 4 Tbsp frozen mango juice (or 1 fresh mango, peeled and pitted)
- 1 small banana
- 2 ice cubes

- Put all ingredients into blender, and blend until foamy.
- Serve immediately.

**Yield:** 4 servings. **Serving size:** 3/4 cup each. **Each serving provides:** Calories: 106, Total fat: 2 g, Saturated fat: 1 g, Cholesterol: 5 mg, Sodium: 64 mg, Total fiber: 2 g, Protein: 5 g, Carbohydrates: 24 g, Potassium: 361 g

**Variations:** Instead of mango juice, try orange, papaya, or strawberry juice.



## Get Out and Play!

National Youth Sports Week is the second week of July. Make family time active time! Your local park or recreation center has great options to help you and your kids pump up your play time!

### GOALS FOR HEART HEALTH

- EAT WELL  \_\_\_\_\_
- BE ACTIVE  \_\_\_\_\_
- OTHER  \_\_\_\_\_

SUN	MON	TUE	WED	THU	FRI	SAT
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8 <input type="radio"/> ACTIVE TODAY!	9 <input type="radio"/> ACTIVE TODAY!	10 <input type="radio"/> ACTIVE TODAY!	11 <input type="radio"/> ACTIVE TODAY!	12 <input type="radio"/> ACTIVE TODAY!	13 <input type="radio"/> ACTIVE TODAY!	14 <input type="radio"/> ACTIVE TODAY!
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22 <input type="radio"/> ACTIVE TODAY!	23 <input type="radio"/> ACTIVE TODAY!	24 <input type="radio"/> ACTIVE TODAY!	25 <input type="radio"/> ACTIVE TODAY!	26 <input type="radio"/> ACTIVE TODAY!	27 <input type="radio"/> ACTIVE TODAY!	28 <input type="radio"/> ACTIVE TODAY!
29 <input type="radio"/> ACTIVE TODAY!	30 <input type="radio"/> ACTIVE TODAY!	31 <input type="radio"/> ACTIVE TODAY!	<p>Park and recreation agencies have joined local health departments, health care systems, schools, and others nationwide to help families maintain a healthy weight.</p> 			

As **WE CAN! (Ways to Enhance Children's Activity & Nutrition)** community sites, they offer proven educational programs for youth 8 to 13 years old and their parents on improving food choices, increasing physical activity, and reducing screen time. To find a **WE CAN!** site near you, visit <http://wecan.nhlbi.nih.gov> or call toll-free 1-866-35 WE CAN.

KEEP THE BEAT with a morning swim!

Be active!

# August

ENJOY THE SUMMER



And keep these hot weather tips in mind:

- Be physically active in early morning or evening, since it's cooler and less humid then.
- Wear light, loose-fitting, "breathable" clothing. Never wear rubberized or plastic suits. Such clothing can cause dangerously high body temperatures.
- Drink enough fluids—particularly water—before, during, and after your physical activity, but don't "over-water" yourself. Drink no more than 3 cups of water per hour.
- Watch for signs of heat stroke, dizziness, headache, nausea, confusion, muscle cramps, sweating stops, and high body temperature.

AUGUST 5-11

A farmers market offers a unique opportunity to purchase heart healthy fresh fruits and vegetables, direct from the farm.

You can find a farmers market in your area by visiting

[www.ams.usda.gov/farmersmarkets](http://www.ams.usda.gov/farmersmarkets)

NATIONAL FARMERS MARKET WEEK

GOALS FOR HEART HEALTH

EAT WELL  \_\_\_\_\_

BE ACTIVE  \_\_\_\_\_

OTHER  \_\_\_\_\_

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <input type="radio"/> ACTIVE TODAY!	2 <input type="radio"/> ACTIVE TODAY!	3 <input type="radio"/> ACTIVE TODAY!	4 <input type="radio"/> ACTIVE TODAY!
5 <input type="radio"/> ACTIVE TODAY!	6 <input type="radio"/> ACTIVE TODAY!	7 <input type="radio"/> ACTIVE TODAY!	8 <input type="radio"/> ACTIVE TODAY!	9 <input type="radio"/> ACTIVE TODAY!	10 <input type="radio"/> ACTIVE TODAY!	11 <input type="radio"/> ACTIVE TODAY!
12 <input type="radio"/> ACTIVE TODAY!	13 <input type="radio"/> ACTIVE TODAY!	14 <input type="radio"/> ACTIVE TODAY!	15 <input type="radio"/> ACTIVE TODAY!	16 <input type="radio"/> ACTIVE TODAY!	17 <input type="radio"/> ACTIVE TODAY!	18 <input type="radio"/> ACTIVE TODAY!
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26 <input type="radio"/> ACTIVE TODAY!	27 <input type="radio"/> ACTIVE TODAY!	28 <input type="radio"/> ACTIVE TODAY!	29 <input type="radio"/> ACTIVE TODAY!	30 <input type="radio"/> ACTIVE TODAY!	31 <input type="radio"/> ACTIVE TODAY!	



The **"Your Guide to Better Health"** series from NHLBI provides additional information on heart health and adopting a healthy lifestyle. Visit [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) and check out these booklets and fact sheets. See the back of this calendar for ordering information.



KEEP THE BEAT and control cholesterol!

# September

National Cholesterol  
Education Month



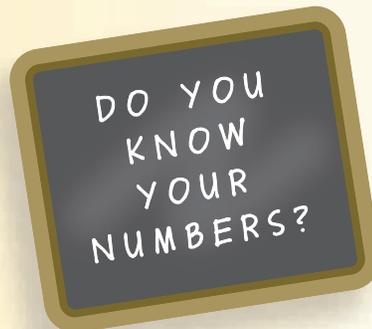
## Know your cholesterol level.

Get a fasting lipoprotein profile to find out what your total, LDL and HDL cholesterol levels, and triglyceride levels are. Encourage your family and friends to get their levels checked, too.

## Talk to your health care provider about your risk for heart disease.

## Take steps to lower risk factors that are under your control.

- Eat healthy foods such as fruits and vegetables, low-fat milk products, and lean meats that are low in saturated fat, trans fat, and cholesterol.
- Aim for a healthy weight.
- Participate in regular physical activity.
- Stop smoking.



Autumn is coming!

Enjoy the changing season,  
and take a walk  
or bike ride  
with your family.

## GOALS FOR HEART HEALTH

EAT WELL  \_\_\_\_\_

BE ACTIVE  \_\_\_\_\_

OTHER  \_\_\_\_\_

SUN

MON

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SAT



For a delicious Caribbean favorite with very little added fat—try **Black Beans With Rice** from the NHLBI *Keep the Beat* recipe book, page 87, at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).

1

 ACTIVE TODAY!

2

 ACTIVE TODAY!

3

Labor Day

 ACTIVE TODAY!

4

 ACTIVE TODAY!

5

 ACTIVE TODAY!

6

 ACTIVE TODAY!

7

 ACTIVE TODAY!

8

 ACTIVE TODAY!

9

Grandparents' Day

 ACTIVE TODAY!

10

 ACTIVE TODAY!

11

Patriot Day

 ACTIVE TODAY!

12

 Rosh Hashanah begins at sundown  
 Ramadan begins at sundown

 ACTIVE TODAY!

13

 ACTIVE TODAY!

14

 ACTIVE TODAY!

15

 ACTIVE TODAY!

16

 ACTIVE TODAY!

17

 ACTIVE TODAY!

18

 ACTIVE TODAY!

19

 ACTIVE TODAY!

20

 ACTIVE TODAY!

21

Yom Kippur begins at sundown

 ACTIVE TODAY!

22

 ACTIVE TODAY!

23

First day of autumn

 ACTIVE TODAY!

24

 ACTIVE TODAY!

25

 ACTIVE TODAY!

26

 ACTIVE TODAY!

27

 ACTIVE TODAY!

28

 ACTIVE TODAY!

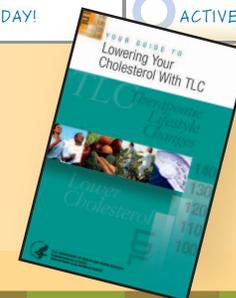
29

 ACTIVE TODAY!

30

 ACTIVE TODAY!

To learn more about high blood cholesterol, risk for heart disease, and how to lower heart disease risk factors, visit [www.nhlbi.nih.gov/chd](http://www.nhlbi.nih.gov/chd) and check out—or order—**Your Guide to Lowering Cholesterol with TLC** (Therapeutic Lifestyle Changes).



KEEP THE BEAT on children's health!

# October

Children's Health Month

The habits children learn can last a lifetime.

Parents are important role models for healthy behaviors.

## HALLOWEEN TIPS

Replace sugar-sweetened treats (candy) with bags of pretzels or trail mix.

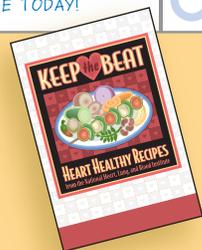
- **Give portion sizes a reality check**—make them no larger than the size of your fist.
- **Make the switch**—from sweetened sodas to fat-free or low-fat milk, or water. For snacks, serve carrot sticks, apple slices, raisins, baked chips, or pretzels.
- **Get moving**—put down the remote control, and pick up a ball or ride a bike.
- **Make time for sleep**—most children need at least 9 hours each night, and most adults need 8 hours a night.



## GOALS FOR HEART HEALTH

- EAT WELL  \_\_\_\_\_
- BE ACTIVE  \_\_\_\_\_
- OTHER  \_\_\_\_\_

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> <input type="radio"/> ACTIVE TODAY!	<b>2</b> <input type="radio"/> ACTIVE TODAY!	<b>3</b> <input type="radio"/> ACTIVE TODAY!	<b>4</b> <input type="radio"/> ACTIVE TODAY!	<b>5</b> <input type="radio"/> ACTIVE TODAY!	<b>6</b> <input type="radio"/> ACTIVE TODAY!
<b>7</b> <input type="radio"/> ACTIVE TODAY!	<b>8</b> Columbus Day observed <input type="radio"/> ACTIVE TODAY!	<b>9</b> <input type="radio"/> ACTIVE TODAY!	<b>10</b> <input type="radio"/> ACTIVE TODAY!	<b>11</b> <input type="radio"/> ACTIVE TODAY!	<b>12</b> (Eid) al Fitr begins at sundown <input type="radio"/> ACTIVE TODAY!	<b>13</b> <input type="radio"/> ACTIVE TODAY!
<b>14</b> <input type="radio"/> ACTIVE TODAY!	<b>15</b> <input type="radio"/> ACTIVE TODAY!	<b>16</b> National Boss Day <input type="radio"/> ACTIVE TODAY!	<b>17</b> <input type="radio"/> ACTIVE TODAY!	<b>18</b> <input type="radio"/> ACTIVE TODAY!	<b>19</b> <input type="radio"/> ACTIVE TODAY!	<b>20</b> <input type="radio"/> ACTIVE TODAY!
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<b>28</b> <input type="radio"/> ACTIVE TODAY!	<b>29</b> <input type="radio"/> ACTIVE TODAY!	<b>30</b> <input type="radio"/> ACTIVE TODAY!	<b>31</b> Halloween <input type="radio"/> ACTIVE TODAY!			



### KEEP THE BEAT Heart Healthy Recipes from NHLBI

You don't have to lose flavor to eat heart healthy. Treat your family to tasty meals from this collection of over 100 scrumptious recipes at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) and search for KEEP THE BEAT.



KEEP THE BEAT and give thanks!

American Diabetes  
Month

# November

It's the time of year to give thanks with family and friends and to get in shape for the holidays! So before your Thanksgiving dinner, eat smaller portions for breakfast and lunch, and take a walk around the neighborhood.

## Candied Yams

- 3 medium yams (1 1/2 C)
- 1/4 C brown sugar, packed
- 1 tsp flour, sifted
- 1/4 tsp salt
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp orange peel
- 1 tsp soft tub margarine
- 1/2 C orange juice



1. Cut yams in half and boil until tender but firm (about 20 minutes). When cool enough to handle, peel and slice into 1/4-inch thickness.
2. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
3. Place half of sliced yams in medium-size casserole dish. Sprinkle with spiced sugar mixture.
4. Dot with half the amount of margarine.
5. Add second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
6. Bake uncovered for 20 minutes in oven that was preheated to 350 °F.

**Yield:** 6 servings. **Serving size:** 1/4 cup each. **Each serving provides:** Calories: 110, Total fat: less than 1 g, Saturated fat: less than 1 g, Cholesterol: 0 mg, Sodium: 115 mg, Total fiber: 2 g, Protein: 1 g, Carbohydrates: 25 g, Potassium: 344 g



## GOALS FOR HEART HEALTH

EAT WELL  \_\_\_\_\_

BE ACTIVE  \_\_\_\_\_

OTHER  \_\_\_\_\_

SUN	MON	TUE	WED	THU	FRI	SAT
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**To find... heart health information for special populations,**  
 request an NHLBI Educational Materials Catalog or visit  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

				<b>1</b> <input type="radio"/> ACTIVE TODAY!	<b>2</b> <input type="radio"/> ACTIVE TODAY!	<b>3</b> <input type="radio"/> ACTIVE TODAY!
<b>4</b> Daylight saving ends—fall back! <input type="radio"/> ACTIVE TODAY!	<b>5</b> <input type="radio"/> ACTIVE TODAY!	<b>6</b> <input type="radio"/> ACTIVE TODAY!	<b>7</b> <input type="radio"/> ACTIVE TODAY!	<b>8</b> <input type="radio"/> ACTIVE TODAY!	<b>9</b> Diwali (Festival of Lights) <input type="radio"/> ACTIVE TODAY!	<b>10</b> <input type="radio"/> ACTIVE TODAY!
<b>11</b> Veterans Day <input type="radio"/> ACTIVE TODAY!	<b>12</b> Veterans Day observed <input type="radio"/> ACTIVE TODAY!	<b>13</b> <input type="radio"/> ACTIVE TODAY!	<b>14</b> <input type="radio"/> ACTIVE TODAY!	<b>15</b> Great American Smokeout <input type="radio"/> ACTIVE TODAY!	<b>16</b> <input type="radio"/> ACTIVE TODAY!	<b>17</b> <input type="radio"/> ACTIVE TODAY!
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**Did you know... that people who have diabetes are also at risk for heart disease and stroke?**

Managing diabetes means controlling blood glucose, weight, high blood pressure, and high cholesterol.

Visit <http://diabetes.niddk.nih.gov> or [www.diabetes.org](http://www.diabetes.org) to learn more.



KEEP THE BEAT with healthy holiday choices.

Making Healthy Choices

# December

You did it!  
Congratulations!

Celebrate the holiday season, and take time to reflect on all the healthy choices that you made in 2007. Focus on maintaining your weight throughout the holiday season, and gear up for a healthy new year!

'Tis  
the  
season

With smaller portions and more physical activity, you can still enjoy your favorite holiday foods. Try drinking water before a meal to help you feel full and possibly eat less. You can also lighten up holiday recipes by cutting down on fat and sugar—see NHLBI's **Keep**

**the Beat: Heart Healthy Recipes** online at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).



## GOALS FOR HEART HEALTH

- EAT WELL  \_\_\_\_\_
- BE ACTIVE  \_\_\_\_\_
- OTHER  \_\_\_\_\_

SUN	MON	TUE	WED	THU	FRI	SAT
						<b>1</b> <input type="radio"/> ACTIVE TODAY!
<b>2</b> <input type="radio"/> ACTIVE TODAY!	<b>3</b> <input type="radio"/> ACTIVE TODAY!	<b>4</b> Hanukkah begins at sundown <input type="radio"/> ACTIVE TODAY!	<b>5</b> <input type="radio"/> ACTIVE TODAY!	<b>6</b> <input type="radio"/> ACTIVE TODAY!	<b>7</b> Pearl Harbor Remembrance Day <input type="radio"/> ACTIVE TODAY!	<b>8</b> <input type="radio"/> ACTIVE TODAY!
<b>9</b> <input type="radio"/> ACTIVE TODAY!	<b>10</b> <input type="radio"/> ACTIVE TODAY!	<b>11</b> <input type="radio"/> ACTIVE TODAY!	<b>12</b> <input type="radio"/> ACTIVE TODAY!	<b>13</b> <input type="radio"/> ACTIVE TODAY!	<b>14</b> <input type="radio"/> ACTIVE TODAY!	<b>15</b> <input type="radio"/> ACTIVE TODAY!
<b>16</b> <input type="radio"/> ACTIVE TODAY!	<b>17</b> <input type="radio"/> ACTIVE TODAY!	<b>18</b> <input type="radio"/> ACTIVE TODAY!	<b>19</b> (Eid) al Adha begins at sundown <input type="radio"/> ACTIVE TODAY!	<b>20</b> <input type="radio"/> ACTIVE TODAY!	<b>21</b> <input type="radio"/> ACTIVE TODAY!	<b>22</b> First day of winter <input type="radio"/> ACTIVE TODAY!
<b>23</b> <input type="radio"/> ACTIVE TODAY!	<b>24</b> <input type="radio"/> ACTIVE TODAY!	<b>25</b> Christmas <input type="radio"/> ACTIVE TODAY!	<b>26</b> Kwanzaa <input type="radio"/> ACTIVE TODAY!	<b>27</b> <input type="radio"/> ACTIVE TODAY!	<b>28</b> <input type="radio"/> ACTIVE TODAY!	<b>29</b> <input type="radio"/> ACTIVE TODAY!
<b>30</b> <input type="radio"/> ACTIVE TODAY!	<b>31</b> New Year's Eve <input type="radio"/> ACTIVE TODAY!	<h1>Get ready for another heart healthy new year!</h1>				

# Keep Track of Your Progress

**You can reduce your risk of heart disease.** Set goals and keep track of your blood pressure, cholesterol, weight, and body mass index (BMI). If you have diabetes, also keep track of your blood glucose levels.

## Are You at a Healthy Weight?

Here is a chart for men and women that gives the Body Mass Index (BMI) for various heights and weights.

### What Does Your BMI Mean?

**Normal weight: BMI = 18.5–24.9**

Good for you! Try not to gain weight.

**Overweight: BMI = 25–29.9**

Do not gain any weight, especially if your waist measurement is high. You need to lose weight if you have two or more risk factors for heart disease and are overweight, or have a high waist measurement.

**Obese: BMI = 30 or greater**

You need to lose weight. Lose weight slowly—about 1/2 to 2 pounds a week. See your doctor or nutritionist if you need help.

Body Mass Index											
	21	22	23	24	25	26	27	28	29	30	31
4'10"	100	105	110	115	119	124	129	134	138	143	148
5'0"	107	112	118	123	128	133	138	143	148	153	158
5'1"	111	116	122	127	132	137	143	148	153	158	164
5'3"	118	124	130	135	141	146	152	158	163	169	175
5'5"	126	132	138	144	150	156	162	168	174	180	186
5'7"	134	140	146	153	159	166	172	178	185	191	198
5'9"	142	149	155	162	169	176	182	189	196	203	209
5'11"	150	157	165	172	179	186	193	200	208	215	222
6'1"	159	166	174	182	189	197	204	212	219	227	235
6'3"	168	176	184	192	200	208	216	224	232	240	248

**Weight is measured with underwear but not shoes.**

Source: Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults: The Evidence Report; National Heart, Lung, and Blood Institute, in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health; NIH Publication 98-4083; June 1998

# Keeping Tabs on Your Progress

## ■ Blood Pressure

<b>Normal</b>	less than 120/80 mmHg
<b>Prehypertension</b>	120/80 to 139/89 mmHg
<b>Hypertension</b>	140/90 mmHg or higher

## ■ Cholesterol

### Total Cholesterol

<b>Desirable</b>	less than 200 mg/dL
<b>Borderline high</b>	200–239 mg/dL
<b>High</b>	240 mg/dL and above

### LDL Cholesterol

<b>Optimal</b>	less than 100 mg/dL
<b>Near optimal</b>	100–129 mg/dL
<b>Borderline high</b>	130–159 mg/dL
<b>High</b>	160–189 mg/dL
<b>Very high</b>	190 mg/dL and above

### HDL Cholesterol

An HDL cholesterol of less than 40 mg/dL is a major risk factor for heart disease.

## ■ Blood Glucose

<b>Normal</b>	under 99 mg/dL
<b>Prediabetes</b>	100–125 mg/dL
<b>Diabetes</b>	126 mg/dL and above

## ■ BMI

<b>Normal weight</b>	BMI = 18.5–24.9
<b>Overweight</b>	BMI = 25–29.9
<b>Obese</b>	BMI = 30 or greater

Fill out the important information below each time you get your cholesterol or blood pressure measured, or get other measurements.

## Blood Pressure

Date	Blood Pressure
_____	_____
_____	_____

My Goal Blood Pressure: \_\_\_\_\_

## Cholesterol

Date	Total	LDL	HDL
_____	_____	_____	_____
_____	_____	_____	_____

My Goal LDL: \_\_\_\_\_

Triglyceride levels can also raise heart disease risk. Levels that are borderline high (150–199 mg/dL) or high (200 mg/dL or more) may need treatment in some people.

## Blood Glucose

Date	Blood Glucose Level
_____	_____
_____	_____

My Goal Glucose Level: \_\_\_\_\_

## Weight

Date	Weight	Body Mass Index (BMI)
_____	_____	_____
_____	_____	_____

My Goal Weight: \_\_\_\_\_ My Goal BMI: \_\_\_\_\_

**The Keep the Beat Calendar** was developed with inspiration from the Take the Idita-Heart Challenge Calendar by Chugachmiut Native Organization, Cardiovascular Disease Prevention Program and Molly Beich, Northwind Prepress, Anchorage, AK.

**To obtain information or to order NHLBI publications, contact:**

NHLBI Health Information Center  
P.O. Box 30105  
Bethesda, MD 20824-0105  
Phone: (301) 592-8573  
TTY: (240) 629-3255  
Fax: (301) 592-8563  
Web site: <http://www.nhlbi.nih.gov>

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September 2006



**U.S. Department of Health and Human Services**  
National Institutes of Health



**National Heart  
Lung and Blood Institute**  
People Science Health



**DISCRIMINATION PROHIBITED:** Under provisions of applicable public laws enacted by Congress since 1964, no person in the United States shall, on the grounds of race, color, national origin, handicap, or age, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity (or, on the basis of sex, with respect to any education program and activity) receiving Federal financial assistance. In addition, Executive Order 11141 prohibits discrimination on the basis of age by contractors and subcontractors in the performance of Federal contracts, and Executive Order 11246 states that no federally funded contractor may discriminate against any employee or applicant for employment because of race, color, religion, sex, or national origin. Therefore, the National Heart, Lung, and Blood Institute must be operated in compliance with these laws and Executive Orders.