

## Tips for heart healthy eating

HERE ARE some tips to help you stay heart healthy:

### Breakfast

Try and eat breakfast even if you don't usually, it will fill you up and help prevent you reaching for a mid-morning high fat or sugar snack.

### Brown

Swap your white toast for wholegrain bread or opt for a wholegrain cereal. This can help lower your risk of heart disease.

### Sandwich

Rather than rely on limited shop-brought lunches, pack your own with minimal fats and maximum fruit and vegetables.

### Soup

Make your own soups with very little fat or salt using lots of fresh vegetables. It's quick and simple to make and keeps well in the fridge for a few days.

### Nuts

Don't let snacking ruin

your healthy diet. Make sure you pack fruit, nuts and seeds and carry some water or juice if you know you will be on the go for a while.

### Casserole

Those of you who like using a slow cooker can prepare healthy stews or casseroles without oil or salt.

### Fish

Fish pie makes a healthy and warming dish and if you use oily fish it counts towards your heart friendly Omega 3

This page compliments

# BHL

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intake.

### Fruit

A great way of upping your intake of fruit and vegetables is to make your own smoothies. Cram in as much as you fancy and whiz yourself a tasty, healthy treat.

### THE HEALTH BENEFITS obtained from a small amount of cardiovascular exercise each week are well established.

Moderate to low intensity activities done as little as 30 minutes a day can bring benefits. Such activities include walking, gardening, housework, and stair climbing.

More vigorous aerobic exercise such as running, swimming, cycling and skipping done for a minimum of 30 minutes, at least three times a week, are much more beneficial for improving the fitness of the heart and lungs.

Studies show that this type of exercise will help reduce the risk of heart disease, lowering blood pressure and cholesterol levels.

So why should you chose skipping over any other form of aerobic exercise?

Skipping will, like other exercise, improve your heart rate and blood pressure, promote fat loss, improve flexibility, co-ordination and balance and improve muscle tone particularly in the thighs, buttocks and calves.

It has also been said that 10 minutes of skipping has the same health benefits as a 45-minute hard run. An interesting thought for those of us with hectic lifestyles that use the excuse that we can't find time to exercise!

However, skipping may not be suitable for everyone. As it is a high-impact activity, avoid it if you have joint problems, established osteoporosis, rheumatoid arthritis or advanced osteoarthritis.

If you already have heart disease or a family history of heart disease, as with all exercise you should check with your doctor before starting any new exercise regime.

Don't try too much too



HOLLY SINCKLER (left), of Decca Sports Club, presenting to CEO of the HSFB, Adrian Randall, with his club's donation to the Foundation.

## Decca Club continues support

DECCA SPORTS CLUB of the United Kingdom has once again reached out to the **Heart & Stroke Foundation of Barbados (HSFB)**, making a donation to assist with the Foundation's programmes.

The gift of BDS\$750 was the third presentation made to the Foundation by the club in as many years, and was part of the proceeds of their annual fundraising cricket match played at the club's ground in Tolworth, Surrey, South London.

Decca Sports Club has a good number of members with Caribbean roots. A driving force behind the club and organiser of the fundraising event is Holly Sinckler, who was in Barbados recently and personally made the presentation to CEO of the **HSFB**, Adrian Randall.

Sinckler explained that the funds are raised from a Twenty20 cricket tournament involving four friendly teams. Each player is asked to pay a subscription of £20 to participate, and this makes up the major part of the money

raised. There is also a collection taken from among those present at the ground. Charities are invited, as well, to sell refreshments throughout the day, and they also put some of their proceeds into the pool.

In addition to the **HSFB**, other organisations sharing in the funds are the Organisation for Sickle Cell Research, Cancer Research UK and the Heart Foundation of Jamaica.

Sinckler said some years ago he lost a personal friend in Barbados through a heart attack and that prompted him to take the initiative to organise the fundraising venture in order to assist charities, in particular those that combat heart disease. Ironically and sadly, his recent visit to Barbados was to attend the funeral of another friend who had suffered a similar fate.

"So you see", he said, "I have a vested interest in helping the **Heart & Stroke Foundation of Barbados** in carrying out its work and projects, and anything that I can do to help, I will. I am happy to make a contribution."

## Skip yourself fit

soon. Start at a work: rest ratio of at least 1:3 and build up slowly. Avoid hard concrete surfaces. Favour a springy wooden floor, carpeted surface or place a thin exercise mat down first (make sure this won't slip).

Warm-up before skipping.

Do five minutes of gentle cardiovascular exercise, walking, marching etc., then gently stretch all the major muscle groups you'll be using.

Remember to cool down - that is, bring your heart rate down gently at the end of a session.

Stretch again following your skipping session

### Skipping can have a number of health benefits:

- Improved cardiovascular fitness
- Increased muscular strength
- Better endurance

- Improved body conditioning
- Greater flexibility
- Stronger bones

### Skipping can also improve skills:

- Improved coordination
- Better timing and rhythm
- Improved balance
- Improved agility

### Skipping may also bring additional benefits including:

- Increase in social skills through meeting others
- Opportunities to travel
- Increase in self-esteem through easy to learn skill

- Fun and educational
- Opportunities to be creative

**The Annual General Meeting**  
of  
**THE HEART & STROKE FOUNDATION OF BARBADOS**  
will take place on Thursday April 16, 2009  
at the Foundation's offices, Jemmotts Lane, St. Michael commencing at 7:00 pm. sharp

THE MINISTER OF HEALTH, HON. DONVILLE INNISS  
WILL BE THE GUEST SPEAKER

**Make sure you attend this very important meeting**  
PLAY YOUR PART IN SHAPING THE FUTURE OF THE FOUNDATION