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Tips for Health

- Live smoke-free.
- Know your risk factors and take action on things you can change.
- Find a walking buddy. Keep each other motivated.
- If it's too hot or cold outside, walk in a mall instead.
- Opt for snacks like fruit, veggies, whole grain crackers, low fat popcorn, and yogurt.
- Healthy eating starts at the grocery store. Check labels for fat and sodium.
- Enhance your foods with flavouring other than salt.
- Focus on variety and moderation with food choices.
- Take your prescribed medication.
- Reduce stress, remember to laugh!



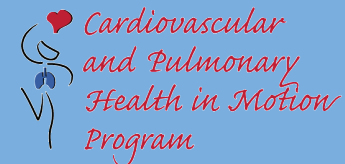
Capital Health

For more tips, visit our website at www.cdha.nshealth.ca, Capital Health A–Z, Cardiovascular and Pulmonary Health in Motion Program or www.heartandstroke.ca

TEAM VALENTINE

we're here to have a
heart to heart
discussion

We are a volunteer program with





Hello my name is

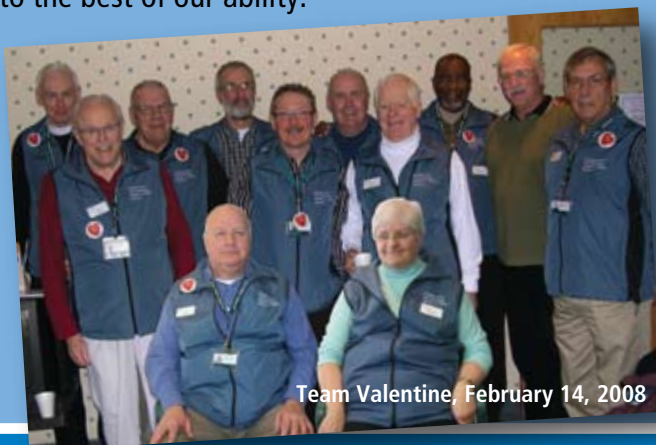
I am a member of

TEAM
VALENTINE

I am here to listen to your story and to give you information and share experiences.

Team Valentine is a group of dedicated volunteers, all former participants of the Cardiovascular and Pulmonary Health in Motion Program. We have talked with thousands of patients and shared our stories as cardiac patients.

We're here to let you know about cardiac rehabilitation services, outpatient education programs, The Heart Show, and most of all, to listen to you. We'll answer your questions to the best of our ability.



Team Valentine, February 14, 2008



Team Valentine, February 14, 2005

NOW PLAYING LIVE ...

The Heart Show!

The Heart Show is an outpatient education program for patients, families and the community.

Three two-hour sessions are held by health care professionals to give you information on how you can take control of your own heart health. You will learn about such things as:

- How stress and emotions affect your heart.
- Practical tips on healthy eating.
- Common medication side effects.
- The benefits of exercise.
- How to take control of your health and enjoy life!

The Heart Show is held on Mondays 9:30 am to 11:30 am, (except statutory holidays and Dec. 24–31) at the VG Site in the Victoria Building, VG Auditorium – 1st floor beside the Scotia Room Cafeteria. All are welcome!

For more information, please call 473-3846 or visit our website at www.cdha.nshealth.ca

Team Valentine serves Halifax Infirmary and Dartmouth General Hospital sites at Capital Health



Team Valentine, Dartmouth General