

Annual Physical Check-up by Your Family Doctor

- Important for early detection of illness



Regular Blood Pressure Checkups

- Early stages of high blood pressure has no symptoms
- High blood pressure can lead to heart disease and stroke

You should have regular blood pressure checks by a health professional

This project is funded by The Government of Ontario & the Toronto Heart Health Partnership.



For Information about the Project or Healthy Eating and Physical Activities, Contact the Following Agencies:



St. Paul's L'Amoreaux Centre

3333 Finch Avenue East
Scarborough, Ontario
M1W 2R9

Telephone: (416) 493-3333 Ext. 227

Fax: 416-493-3391

www.splc.ca

Heart and Stroke Foundation of Ontario

Telephone (416) 489-7111

www.heartandstroke.ca

Toronto Public Health

Telephone (416) 338-7600

www.toronto.ca/health

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Start Eating Healthy and Exercise Project

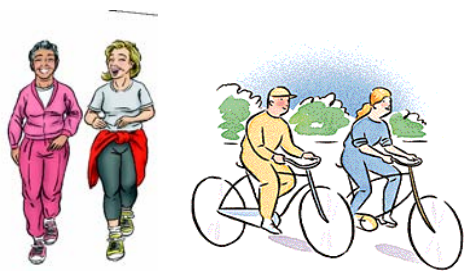


Benefits of Regular Physical Activity and Healthy Eating

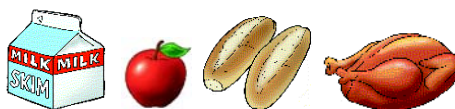
- Better health
- Look, feel and perform better
- Stronger muscles and bones
- Weight control
- Better self-esteem
- Feeling more energetic
- Continued independent living in later life

Physical Activity

- Take part in activities such as:
 - Walking
 - Climbing stairs
 - Tai Chi
 - Yoga
 - Jogging
 - Dancing
 - Cycling
 - Gardening
 - Light sports
 - Or anything that's appealing to you



Healthy Eating



- Eat a variety of foods
- Follow Canada's Food Guide to Healthy Eating



- Eat plenty of:
 - Fresh fruits and vegetables
 - Legumes
 - Whole grain products



- Limit the intake of:
 - Fats
 - Salt
 - Caffeine
 - Alcohol
 - Processed foods
- Use community resources like St. Paul's to help you with healthy shopping tips

Quit Smoking



- Effects of Smoking:
 - Leads to heart and lung disease
 - Makes your heart work faster and harder
 - Limits oxygen intake
- Second-hand smoking:
 - Is more dangerous than the smoke inhaled by the smoker

Manage and Reduce Your Stress

- Coping with stress:
 - Listen to music
 - Meditations
 - Exercise
 - Pray
 - Talk to a friend
 - Take time for yourself

