

Strong Through Summer



Love
Your
Heart

Guide for BINGO Card Activity

Stronger Together
#fnhawellness

How does this activity work?

This guide is here to help you move through your BINGO activity. Once you have completed an activity, load a picture onto your social media page and tag **#fnhawellness**.

Alternatively, if you do not have access to a computer or are not on social media, you can submit your completed BINGO card to your community wellness champion.

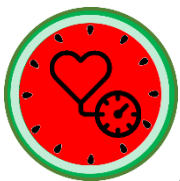
This is only a guide to help you if you are feeling stuck. Feel free to modify, take what you like and leave what you don't. This is your health and wellness journey.

Connect with your Wellness team for any questions!

Take the lead in your health and wellness!

We are strong this summer!





Get your blood pressure checked at your local pharmacy or health unit

Checking your blood pressure means that you are checking what the force of blood is against the walls of your blood vessels. The captures the pressure when your heart contracts (systolic) and the pressure when your heart relaxes (diastolic). Blood pressure can be checked manually by a nurse, pharmacist or doctor, or with a machine. According to the Heart and Stroke Foundation of Canada, there are three different categories for blood pressure. They are low risk, medium risk and high risk.

Learn more about blood pressure by typing the following link into your internet browser:

<https://www.heartandstroke.ca/heart/risk-and-prevention/condition-risk-factors/high-blood-pressure>



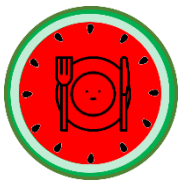
Try a new recipe

There are so many recipes available online. There are even a few apps you can download on your phone. Check out a few of these sites for breakfast, lunch and dinner ideas:

<https://www.thekitchn.com/10-heart-healthy-make-ahead-breakfast-ideas-for-busy-mornings-254066>

<https://www.heartandstroke.ca/articles/healthy-lunch-ideas-for-work-that-arent-sandwiches>

<https://www.foodnetwork.ca/healthy-eating/photos/easy-heart-healthy-meals/>



Practice mindful eating

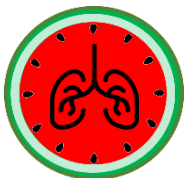
What is mindful eating? Learn more here:

<https://www.healthline.com/nutrition/mindful-eating-guide#what-it-is>



Make a plan for healthy lifestyle changes

Write down a few of your personal healthy lifestyle goals. Ask yourself, is my goal specific? Is it attainable? Is it realistic? How will I reach my goals?



Try a deep breathing exercise

You can try this on your own or you can try the app Breath2Relax on your phone. Here you can learn how to breathe deeply with your diaphragm. This type of breathing helps to reduce stress, and regulate your mood.



Cook a heart healthy dinner with your family

Find a healthy way to nourish your body! Try a few recipes offered by the Heart and Stroke Foundation here:

https://www.heartandstroke.ca/get-healthy/healthy-eating?gclid=EAlaIQobChMIrai2i8r36QIVERLnCh1odQ7DEAAYA_SAAEgLCkfd_BwE&gclidsrc=aw.ds



Participate in a walking challenge

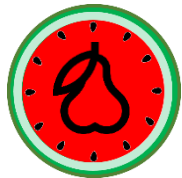
This can be on your own or with a group. It can be a personal challenge or a one between family members and friends! Type the following link into your internet browser to find walking groups in your area:

<https://www.meetup.com/topics/walkers/>



Go for a 30 minute walk

Bring along a friend, family member or your furry companion! Take advantage of some nice weather and go for a stroll in your neighborhood. Be mindful of your distance.



Add one more serving of fibre to your daily diet

Fibre is the part of plant food that our bodies cannot digest. It comes in two forms: insoluble and soluble.

Insoluble fibre helps prevent constipation and is good for your gut health.

Soluble fibre works to lower your blood cholesterol, helps balance your blood sugar levels and also assists in keeping you feeling full longer.

Small changes can have a great effect! Type the following link into your internet browser for 16 ways to add fiber to your diet:

<https://www.healthline.com/nutrition/16-ways-to-eat-more-fiber>



Learn how to take your pulse

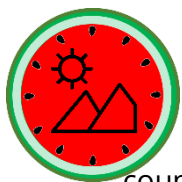
There are so many ways to take your pulse. All you need is a minute and a timer or watch. Learn how to take your heart rate by typing the following link into your internet browser:

<https://www.healthline.com/health/how-to-check-heart-rate>



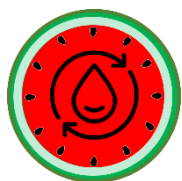
Go for a run

You can go alone or with a friend, family member or furry companion. Take advantage of some nice weather and go for a run. Don't forget to keep your distance.



Enjoy an outing in nature

Was there a new trail that you wanted to check out? Or a trail nearby you haven't been on in a couple of weeks? Perhaps you want to take a walk down by the river. This is your time. Enjoy it!



Swap out a carbonated beverage for soda water and fruit (i.e. lemon, lime)

Sugar can be one of the hardest things to give up. Check your labels—how much sugar is in the soda you are about to drink? Swap out that sugary beverage for a soda water. Still need to crush that sugar craving? Try adding fruits like lemon, lime, berries and melon. Or maybe try a vegetable like cucumber and add some mint? Get creative! Have fun and experiment with it!



Drink 1 litre of water per day

Did you know that more than half of your body weight is water? Water is not only good to quench your thirst, it also helps maintain blood pressure, aids in digestion and assists to remove wastes from your body.

More information can be found by typing the following link into your internet browser:

<https://www.medicalnewstoday.com/articles/290814#benefits>



Do 10 minutes of yoga

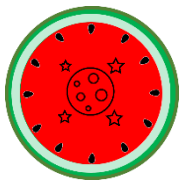
Type the following link into your internet browser for free yoga videos:

<https://www.youtube.com/user/yogawithadriene/about>



Swap out regular dairy products for low fat dairy products

Again, small changes can lead to big differences. This is what we call the 'ripple effect'. Step down from heavy cream in your coffee to an 18% coffee creamer, or perhaps serve slightly smaller portion sizes of the dairy products you eat.



Find a new outdoor hobby

Here is your chance to learn a new hobby! Type the following link into your internet browser for some outdoor ideas:

<https://hobbyhelp.com/inspiration/list-of-hobbies/>



Develop a routine for exercise

Start small. Your health and wellness is a journey, not a destination. You do not need to get there in one day. For some people it is helpful to plug things in on a calendar, for others it is about replacing one activity with another i.e., walking to a store nearby versus driving to the store. These small modifications lead to big changes. Don't have exercise equipment? Then modify! Use items found at home as your weights! Soup cans, jugs, bags of rice or potatoes... they all work!

Type the following link into your internet browser for more helpful tips in developing your exercise routine:

<https://www.helpguide.org/articles/healthy-living/how-to-start-exercising-and-stick-to-it.htm>



Stretch before going to bed

This simple and short activity before bed can help you relax and fall asleep faster. These can be done while sitting on the bed or standing beside the bed. Check out these 8 stretches you can do before resting by typing the link into your internet browser:

<https://www.healthline.com/health/stretching-before-bed>

Make Friends With Your Heart



Learn the signs of a heart attack

Know what to look for when you are faced with an emergency situation. Click on the following link to learn more about the first signs of a heart attack:

https://www.heartandstroke.ca/heart/emergency-signs?gclid=EAlaIQobChMlvcvDk9b36QIVGz2tBh2Z6QeZEAAYAiAAEglQZPD_BwE&gclsrc=aw.ds

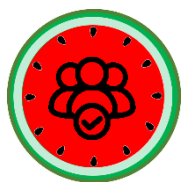


Learn the signs of a stroke

While strokes aren't necessarily a problem with the heart, they can result as a result of poor blood circulation. Everything in your body is connected.

Know what to look for when you are faced with an emergency situation.

Click on the following links to learn more about the first signs of a stroke: https://www.heartandstroke.ca/heart/emergency-signs/heart-attack-and-stroke?utm_source=website&utm_medium=alert_banner&utm_campaign=urgent_alert_PSA&_ga=2.62223918.367046616.1591726554-454035942.1591386543&_gac=1.240738871.1591808142.EAlaIQobChMlrcSZrtv36QIVvj6tBh05kQ91EAAYASABEglzYfD_BwE



Share your heart health teachings with a friend

Knowledge is power! Share what you have learned so far on heart health with a friend or family member.



Make an appointment with your health care professional

Be proactive! Ask questions! Your health starts with you.