



February 2010

Did you know?

Friday, February 5, 2010 is “**National Wear Red Day**”. On that day, you can wear red in support of heart disease awareness. About 1.2 million Americans will have their first heart attack this year! Prevention is the key!

Reduce your risk:

- Watch your weight
 - Obesity is a major risk factor for heart disease.
- Be physically active
 - Aim to get at least 30 minutes of physical activity on most days. Start slowly—try 10 minutes at a time. Remember, always talk to your doctor before beginning an exercise program!
- Avoid tobacco
 - Tobacco is the #1 preventable cause of major diseases, including heart disease and lung cancer.
- Eat healthy
 - Consume a diet high in fiber, low-fat dairy, and fruit and vegetables.
 - Reduce your intake of saturated fat, cholesterol, sodium, and alcohol.

You can participate in “National Wear Red Day” by wearing your favorite red dress, pin, socks, shirt, or tie.



BLUE CROSS AND BLUE SHIELD OF
LOUISIANA
FOUNDATION

BODY WALK



THE ORGANWISE GUYS

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information, please
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Get Moving for Heart Health

Do anything to get your heart pumping in this month of love! You can jog around your neighborhood, clean the house, play soccer, or play hide and seek. Remember to be active daily to keep your heart strong. You want to be able to give plenty of love this Valentine's Day!



Family Fun

Make Valentine's Day a family event and plan activities that everyone can enjoy together. You can make valentines for each other, go for a bike ride as a family, or play a board game.

February is also the month to focus on **RED** fruits and vegetables! Have each family member pick out a red fruit or vegetable for everyone to try such as:

- Apples
- Radishes
- Tomatoes
- Red cabbage
- Red bell peppers
- Strawberries



Pocket Fruit Pies

Ingredients

- 4 (8 inch) flour tortillas
- 2 medium peaches, pears, or apples
- 1/4 teaspoon ground cinnamon
- 2 Tablespoons brown sugar
- 1/8 teaspoon ground nutmeg
- 2 Tablespoons milk
- Sugar (optional)

Instructions

1. Warm tortillas in microwave or oven to make them easier to handle.
2. Peel and chop fruit into pieces.
3. Place 1/4 of the fruit on half of each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
5. Roll up the tortillas, starting at the end with the fruit.
6. Place on an un-greased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
7. Bake at 350 degree in oven for 8-12 minutes or until lightly brown.
8. Serve warm or cool.

Serves 4

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