



Know your numbers...what's working, what isn't?

It's always a good time for good health. Screening programs for diabetes, high cholesterol and blood pressure are offered in the area. It's always good to know where you stand – what is working, and what needs to be changed. Talk with your doctor or pharmacist about your medications.

— Phil Favreau, Pharmacy

Reduce Your Stress and Blood Pressure

Take five slow deep breaths between tasks.

— Beth McCarthy, Licensed Mental Health Counselor

Yoga for a Healthy Heart

Your heart is your central processing core that sends messages to your brain and the entire body. Yoga is a safe self-help tool that can bring healthy changes quickly and efficiently, and can help you maintain any progress you have already made with other healing practices. To learn more about the benefits of yoga on heart health, [check out Harvard Health Publication's recent blog](#). [Visit this Yoga Journal website to customize your own routine based on individual needs](#).

— Lisa Miles, Physical Medicine and Rehabilitation

Try a massage.... especially this time of year!

It can help lower blood pressure and control stress. [Check out a recent study on how massage therapy can help lower blood pressure & control stress](#).

— Nicole Miller, Integrative Medicine

Make Half Your Grains Whole

Studies show that whole grains are linked to reduced risk of heart disease, diabetes, stroke, cancer and obesity. Keep your heart healthy with plant based diets. Incorporate avocado, nuts, seeds and plant based oils.

— Todd Corcoran, Healthy Cooking

Read Labels While Shopping

Reading labels will help you to find foods low in saturated fat and high in fiber – foods that help support heart health. Check out these great resources for reading labels and recipes using these key ingredients!

[Food Label Terms](#)

[Understanding Food Labels](#)

[Tips to Tweak Your Diet](#)

[Try these Recipes](#)

— Maureen Berical, Crouse Dietitian

Reduce Your Stress and Blood Pressure

Take five slow deep breaths between tasks.

— Beth McCarthy, Licensed Mental Health Counselor

