2011 Heart of Texas Wellness Calendar
### Start the new year right—Start an activity log for each month!

Print out this calendar and use the log at the bottom of each page to start feeling healthier.

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#### January

**What is Cardiovascular Disease?**

Cardiovascular disease (CVD) refers to a group of diseases including heart disease, stroke, and congestive heart failure. Heart attack and stroke are caused in part by narrowed or blocked arteries resulting in decreased blood supply to the heart and brain.

Several changeable and non-changeable factors increase the risk of heart disease and stroke. Non-changeable factors include increasing age and heredity. Changeable risk factors for cardiovascular disease include:

- high blood pressure
- smoking
- high cholesterol
- physical inactivity
- obesity/overweight
- diabetes

**Physical Activity Log**

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**Special Days:**

- **26th:** Find a workout or walking buddy
- **31st:** Physical Activity Log

**Important Dates:**

- **2nd:** National Blood Donor Month
- **9th:** Thyroid Awareness Month
- **12th:** Cervical Health Awareness Month
- **14th:** Glaucoma Awareness Month
- **15th:** National Birth Defects Prevention Month
- **16th:** National Folic Acid Awareness Week
- **18th:** Martin Luther King, Jr. Day
- **19th:** Confederate Heroes' Day
- **23rd:** Eat a salad for lunch

**Web Resources:**

- [www.aabb.org](http://www.aabb.org)
- [www.thyroidawareness.com](http://www.thyroidawareness.com)
- [www.nccc-online.org](http://www.nccc-online.org)
- [preventblindness.org](http://preventblindness.org)
- [www.marchofdimes.com](http://www.marchofdimes.com)

**Web Sites:**

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- www.thyroidawareness.com
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**February**

- **1** Take a dance class. It improves posture and increases fitness.
- **6** National Black HIV/AIDS Awareness Day
- **7** National Groundhog Day
- **8** Chinese New Year
- **9** World Cancer Day
- **10** National Wear Red Day
- **11** Lincoln’s Birthday
- **12** Take a moment to schedule your yearly checkup.
- **13** Nat’l Donor Day
- **14** Valentine’s Day
- **15** President’s Day
- **16** Washington’s Birthday
- **17** Take a dance class.
- **18** Volunteering is a great way to be more active.
- **19**
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**Heart Attack Signs and Symptoms**

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Symptoms can include pain or discomfort in one or both arms, your back, neck, jaw, or stomach.

Shortness of breath may occur with or without chest discomfort.

Other signs include

- breaking out in a cold sweat
- nausea
- lightheadedness.

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**Physical Activity Log**

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<td>Update and refresh emergency contact lists at work and home.</td>
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<td>Fat Tuesday</td>
<td>Ash Wednesday</td>
<td>World Kidney Day</td>
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<td></td>
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<td>Replace your smoke detector batteries</td>
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<td>St. Patrick’s Day</td>
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<td>Kick Butt Day</td>
<td>World Tuberculosis Day</td>
<td>American Diabetes Alert Day</td>
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<td>Walking strengthens bone and muscle. Go for a stroll!</td>
<td>Cesar Chavez Day</td>
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**MARCH**

**National Nutrition Month**
www.eatright.org

**National Kidney Month**
www.kidney.org

**National Brain Injury Awareness Month**
www.bi usa.org

**National Colorectal Cancer Awareness Month**
www.preventcancer.org/colorectal

**Workplace Eye Wellness Month**
www.preventblindness.org

**Mental Retardation Awareness Month**
www.rcm.org

**National Multiple Sclerosis Education & Awareness Month**
www.msfocus.org

**National Endometriosis Awareness Month**
www.endocenter.org

**Obesity & Overweight Facts**

People who are overweight are at increased risk for heart attack, high blood pressure, diabetes, arthritis-related disabilities, and some cancers. Healthy food habits help maintain normal blood pressure, desirable cholesterol levels, and a healthy body weight. Eat a healthy diet with more fresh fruits and vegetables and less salt, fats, and sugars.
### Physical Activity Log

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#### National Public Health Week April 4-10

- April 4: Walk, bike or carpool to work.
- April 5: Walk a mile, just to see how far it is and how long it takes.
- April 6: Sexual Assault Awareness Month Day of Action
- April 7: World Health Day National Alcohol Screening Day

#### TPHA Conference April 13-15

- April 16: Active kids are healthy kids. Help them find a sport they love!

#### National Infant Immunization Week April 23-30

- April 23: National Infant Immunization Week
- April 27: San Jacinto Day
- April 28: Good Friday

High Blood Pressure

The consequences associated with high blood pressure are so serious that early detection, treatment, and control are vital. High blood pressure is easily detectable and usually controllable with lifestyle modifications such as increasing physical activity or reducing dietary salt intake, with or without medications.

Maintain an optimal blood pressure of a systolic blood pressure (upper) less than 120, and a diastolic blood pressure (lower) less than 80.
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| 1   | 2 | Holocaust Remembrance Day | 3 | 4 | 5 | Cinco De Mayo | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |

**May**

- **American Stroke Month**
  - [www.americanheart.org](http://www.americanheart.org)
- **National High Blood Pressure Education Month**
  - [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)
- **National Physical Fitness and Sports Month**
  - [www.fitness.gov](http://www.fitness.gov)
- **National Arthritis Awareness Month**
  - [www.arthritis.org](http://www.arthritis.org)
- **Asthma and Allergy Awareness Month**
  - [www.aafa.org](http://www.aafa.org)
- **National Bike Month**
  - [www.bikeleague.org](http://www.bikeleague.org)
- **Better Sleep Month**
  - [www.bettersleep.org](http://www.bettersleep.org)
- **Clean Air Month**
  - [www.lungusa.org](http://www.lungusa.org)
- **Healthy Vision Month**
  - [www.aoa.org](http://www.aoa.org)
- **Hepatitis Awareness Month**
  - [www.hepfi.org](http://www.hepfi.org)
- **Mental Health Month**
  - [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

**Mother's Day**

- 15

**National Women's Check-up Day**

- 16

**Nurse's Day**

- 17

**National Employees Health & Fitness Day**

- 18

**HIV Vaccine Awareness Day**

- 19

**Check and replace fire extinguishers**

- 20

**Armed Forces Day**

- 21

**22**

- Do you know your blood pressure? Get checked today!

**Victoria Day**

- 23

**24**

- National Senior Health & Fitness Day

- 25

**26**

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**World No Tobacco Day**

- 30

**31**

- Memorial Day

**Physical Activity Log**

- **_________minutes**
- **_________miles**
- **_________steps**

**Spoke Symptoms? Act F.A.S.T.!**

- **F** = Face: does one side of the face droop?
- **A** = Arm: does one arm drift downward?
- **S** = Speech: does the speech sound slurred?
- **T** = Time to call 9-1-1

- Reduce your sodium intake by using more flavorful herbs and spices in food.
**Exercise Regularly**

Be physically active, preferably getting 30 minutes of moderately-intense activity per day.

Being physically active helps reduce risk for cardiovascular disease, lowers cholesterol, lowers high blood pressure, reduces the risk of developing type 2 diabetes, and increases longevity.

Regular physical activity also promotes psychological well-being and reduces feelings of stress, depression, and anxiety.

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<td>Make sure you have a first aid or emergency kit in each car.</td>
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**National Cancer Survivors Day**

**National Headache Awareness Week June 5-11**

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**Flag Day**

**Men's Health Week June 13-19**

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**Father's Day**

**Juneteenth**

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**Take advantage of your neighborhood pool or public beach!**

**Physical Activity Log**

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**National Scleroderma Awareness Month**

**www.scleroderma.org**

**National Aphasia Awareness Month**

**www.aphasia.org**

**Vision Research Month**

**www.preventblindness.org**

**Home Safety Month**

**www.homesafetycouncil.org**

**Fireworks Safety Month**

(Jun 1-Jul 4)

[www.preventblindness.org](http://www.preventblindness.org)

**National Scoliosis Awareness Month**

[www.scoliosis.org](http://www.scoliosis.org)

**www.preventblindness.org**

**National Headache Awareness Week June 5-11**

**Men's Health Week June 13-19**

Buy a dance video game. Play it with your kids!

Check the air conditioner in your car and home to save money and energy.

Join an adult baseball, soccer or kickball team

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- Make sure you have a first aid or emergency kit in each car.
- Exercise Regularly
- Be physically active, preferably getting 30 minutes of moderately-intense activity per day.
- Being physically active helps reduce risk for cardiovascular disease, lowers cholesterol, lowers high blood pressure, reduces the risk of developing type 2 diabetes, and increases longevity.
- Regular physical activity also promotes psychological well-being and reduces feelings of stress, depression, and anxiety.
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<td>Go on a picnic!</td>
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<td><strong>Independence Day</strong></td>
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<td><strong>Take a week off of fast food!</strong></td>
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### National Youth Sports Week July 18-23

### World Hepatitis Day

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### Smoking

Smokers generally have a two-fold increased risk of heart disease regardless of whether filtered or non-filtered cigarettes are used.

Smoking cessation not only reduces the risk of cardiovascular disease, but also helps prevent cancer and chronic lung disease.

Smoking increases wrinkles.

Non-smokers, too, are affected by the smoke from their friends, family members, and strangers who light up in their presence.

Washing your hands regularly wards off disease and contagion.

Take a week off of fast food!

Take a moment to learn about nutrition. Sign up for a cooking class.

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<td>1</td>
<td>National Minority Donor Awareness Day</td>
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<td>Ramadan begins</td>
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<td>Buy school supplies and clothes early or online to avoid the rush before school.</td>
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**National Health Center Week**

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<td>Grill or bake instead of frying foods in oil.</td>
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<td>Take a massage class with your spouse for stress reduction.</td>
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### Arthritis

Arthritis is one of the most common diseases in Texas and the United States, and the leading cause of disability among adults.

Common symptoms include pain, aching, stiffness, and swelling in or around the joints.

Like cardiovascular health, control your body weight and exercise regularly.

Relieve stress by scheduling a massage, taking a warm bath, reading a book, or listening to music.

Get diagnosed for joint pain lasting more than 2 weeks. Consult with your doctor about medications not working well or causing undesirable side effects.
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<td>Schedule your next dental cleaning</td>
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**Cholesterol**

High blood cholesterol can lead to heart attack or stroke by the narrowing of blood vessels.

The National Cholesterol Education Program recommends that all adults have their cholesterol checked once every five years.

Maintain a desirable or optimal level of total cholesterol at less than 200 mg/dL.

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**National Cholesterol Education Month**
[www.cdc.gov/features/cholesterolawareness](http://www.cdc.gov/features/cholesterolawareness)

**National Atrial Fibrillation Awareness Month**
[www.stopafib.org](http://www.stopafib.org)

**Childhood Cancer Month**
[www.candlelighters.org](http://www.candlelighters.org)

**Leukemia & Lymphoma Awareness Month**

**Healthy Aging Month**
[www.healthyaging.net](http://www.healthyaging.net)

**Prostate Cancer Awareness Month**
[www.zerocancer.org](http://www.zerocancer.org)

**Ovarian Cancer Awareness Month**
[www.ovarian.org](http://www.ovarian.org)

**National Suicide Prevention Week**

**National Rehabilitation Awareness Celebration, September 18-24**

**National School Backpack Awareness Day**

**First Day of Fall**

**Family Health & Fitness Day USA**

**Labor Day**

**National Women’s Health and Fitness Day**

**World Alzheimer’s Day**

**World Heart Day**

**Rosh Hashanah**

**Kids get stressed, too. Check in with them to make sure things are okay.**

**Check your house for safety hazards.**

**Take a mental health day. And actually use it to relax!**
**Physical Activity Log**

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<td>Try weightlifting. It burns calories and sculpts the body.</td>
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**Sunday, October 10-14**

- National School Lunch Week
- Drive Safely Work Week, October 3-7
- Mental Illness Awareness Week, October 2-8
- Yom Kippur

**Monday, October 11**

- World Mental Health Day
- Columbus Day

**Tuesday, October 12**

- Metastatic Breast Cancer Awareness Day

**Wednesday, October 13**

- National Child Health Day

**Thursday, October 14**

- Tai Chi, Yoga or simple stretching reduces stress and makes the body and mind relax.
- Drive Safely Work Week, October 3-7

**Friday, October 15**

- Mental Illness Awareness Week, October 2-8
- Yom Kippur
- Learn about the body. Find out the names of your muscles and tendons.

**Saturday, October 16**

- National School Lunch Week
- Drive Safely Work Week, October 3-7
- Mental Illness Awareness Week, October 2-8

**Sunday, October 23**

- Halloween

**Monday, October 24**

- Save a life. Learn CPR.

**Tuesday, October 25**

- Lung Health Day

**Wednesday, October 26**

- National Drug-Free Work Week
- October 17-23

**Thursday, October 27**

- World Osteoporosis Day
- National Mammography Day

**Friday, October 28**

- National Infant Death Syndrome Awareness Month

**Saturday, October 29**

- National Physical Therapy Month
- www.apta.org

**Monday, October 30**

- National Dental Hygiene Month
- www.adha.org

**Tuesday, October 31**

- National Child Health Day
- Columbus Day

**Wednesday, November 1**

- World Mental Health Day
- World Osteoporosis Day

**Thursday, November 2**

- World Mental Health Day
- World Osteoporosis Day

**Friday, November 3**

- National Breast Cancer Awareness Month
- www.nbcam.org

**Saturday, November 4**

- Healthy Lung Month
- www.lungusa.org

**Sunday, November 5**

- National Chiropractic Month
- www.acatoday.org

**Monday, November 6**

- National Downs Syndrome Awareness Month
- ndss.org

**Tuesday, November 7**

- National Infant Death Syndrome Awareness Month
- www.firstcandle.org

**Wednesday, November 8**

- Limit Alcohol
- Drinking too much alcohol can raise blood pressure and lead to heart failure or stroke.
- It can contribute to high triglycerides, produce irregular heartbeats, and affect cancer and other diseases.
- It contributes to obesity, alcoholism, suicide, and accidents.
- The risk of heart disease in people who drink moderate amounts of alcohol (an average of one drink for women or two drinks for men per day) is lower than in nondrinkers.

**Thursday, November 9**

- National Physical Therapy Month
- www.apta.org

**Friday, November 10**

- National Chiropractic Month
- www.acatoday.org

**Saturday, November 11**

- National Downs Syndrome Awareness Month
- ndss.org

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**Physical Activity Log**

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<td>Replace your smoke detector batteries</td>
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<td>Exercise 30 minutes a day for increased energy and vigor.</td>
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<td>Start planning for healthy eating during the holidays.</td>
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#### Reduce Stress

Some scientists have noted a relationship between heart disease risk and stress.

People under stress may overeat, start smoking, or smoke more.

Research has even shown that stress reaction in young adults predicts middle-age blood pressure risk.

If you are experiencing mild depression or anxiety, aerobic workouts, such as walking or jogging, can improve your mood.

Non-aerobic exercise, like weight lifting, can also boost your spirits, improve sleep and appetite, reduce irritability and anger, and produce feelings of mastery and accomplishment.

---

**December**

- **4th**: Holiday Stress? Blunt it by going to bed half an hour early.
- **11th**: National Handwashing Awareness Week
- **18th**: Make one day in December Ugly Sweater Day at work.
- **25th**: Christmas
- **29th**: Have a look at your activity log. Make a commitment for next year!
- **30th**: World AIDS Day
- **31st**: New Year’s Eve

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**National Handwashing Awareness Week December 5-11, 2010 www.henrythehand.com**

**World AIDS Day**

**Pearl Harbor Remembrance Day**

**Winter Solstice**

**Christmas Eve**

**Kwanzaa begins**

**Blunt it by going to bed half an hour early.**

**Make one day in December Ugly Sweater Day at work.**

**Have a look at your activity log. Make a commitment for next year!**

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