

February is American Heart Month

Submitted by Karen Behrend

February is American Heart Month! Here are some facts and tips to help you keep your heart healthy and help prevent Heart Disease.

COOL HEART FACTS:

- o The heart beats 2.5 billion times in a lifetime (65 yrs) (if you take care of it, maybe more!)
- o It takes 23-24 seconds for a drop of blood to circulate through the entire body
- o Your body pumps 1 million barrels of blood in a lifetime!
- o Your body has 60,000 miles of blood vessels
- o Every day over 650 Americans have coronary bypass surgery.

RISK FACTORS:

I. Unalterable Risk Factors you CAN NOT change:

- o Family History (father/brother had heart disease before age 55, or mother/sister before age 65).
- o Gender (men have a higher risk)
- o Age (Men over 45 and Women over 55 are at increase risk)

II. Risk Factors you CAN alter:

- o High Blood Pressure (three readings at 140/90 in a month, see your doctor)
- o Smoking (#1 preventable cause of heart attacks in the US. Smokers have a 70% great risk than nonsmokers). Tough habit to break, but sooner or later you will quit!
- o Cholesterol (Blood cholesterol of 200 mg/dl is desirable, 239 mg/dl is borderline and 240 mg/dl+ is high) Know your numbers and get a complete breakdown of your total cholesterol, HDL, LDL and Triglycerides. Have your doctor explain the numbers to you!
- o Obesity (more than 30% of your desirable weight) Eating too much of the wrong foods can make you fat! Focus on 5 fruits or veggies a day for the next 20 days.
- o Physical Inactivity (Choose to move! 30-60 minutes 3-4 times a week!)

III. Other contributing Factors

- o Diabetes
- o Stress/Tension
- o Hormonal Factors
- o Alcohol

Primary Risk Factors have the strongest relationship to heart (family history, smoking, high blood high cholesterol and inactivity), when two or more are present, the likelihood of disease greatly increases.

10 TIPS TO HELP DEVELOP HEALTHY HABITS AND PREVENT HEART DISEASE IN YOUR FAMILY

Take care of your heart and your children's hearts by:

1. Regular daily physical activity (walk, bike, hike together)
2. Participate in age-appropriate sports, lesson or clubs. Let kids try a variety and find what they like
3. Participate in household chores (the physical kind)
4. Follow a healthy diet; low in fat and high in complex carbohydrates. Be supportive. Focus on positive instead of negative. Praise for a job well done!
5. Don't reward kids with food...find other ways to celebrate!
6. Be supportive. Focus on positive instead of negative. Praise for a job well done!
7. Limit TV, video game and computer time...disconnect from it! 1-2 hours a day max!
8. Be a positive role model and practice what you preach
9. Set goals and limits. Daily activity, 1-2 desserts a week
10. Learn CPR. The next life you save may be someone you love!



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Health & Safety

Are you tired of being tired? Fatigue can zap the energy, productivity, and pleasure right out of life. Try these fatigue-fighting tips to keep your energy level high:

Move more – Exercise stimulates circulation, and helps to release feel-good hormones in the body that improve mood and fight off fatigue.

Fuel up – Always eat a full breakfast, and maintain a healthy diet. Eat smaller, more frequent meals to help keep blood sugar levels balanced.

Drink more – Water, that is - Drinking water can help deliver all those nutrients you ingest to the right places, and flush out toxins that make your body weak.

Snooze more – Sufficient, quality sleep is necessary for your body to store up energy for the next day. Sleepless night? Catch a catnap the next day to help recharge.

Get all wet – Take an energizing shower to increase blood circulation. Alternate between hot and cold water (one minute each), ending with cold water.

Stress less – Build some downtime into your stressful day to unwind through exercise, meditation, listening to music, or whatever works for you. The better you handle your stress, the less likely you are to suffer from fatigue.



Helpful Hints

Spring is in the air, which means flowers, baseball games, barbecues, and diets to shed that "winter weight" before swimsuit season. Spring also means it's time for some home maintenance after a winter of neglect. So, muster up some motivation and use these simple tips to put the inside of your home in tip-top condition.

- Do yourself a favor and try out your air conditioning system before the first hot day; otherwise, there'll be a long, smoldering wait for an overbooked repairman. Change the filter, inspect hose connections, and make sure the drain pans are draining freely.
- Check and clean the clothes dryer exhaust duct and kitchen exhaust hood and filter.
- Vacuum the refrigerator coils and your refrigerator will run much more efficiently.
- Inspect, clean and test your smoke and carbon monoxide alarms.
- Clean everything, top to bottom! Use non-toxic soaps for better indoor air quality.



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SUMMERWOOD

Virus and Spyware and Mail... Oh My!

Submitted by Laurie Scott

Here we are in 2009, and the days of thinking that our anti-virus and anti-spyware software will protect us is over. We live in a time when organized crime all over the world is trying to either get your personal information directly or turning your computer into a "zombie" that without your knowledge attacks other computers or sends out spam. Even Apple computer has posted (rather quietly) a recommendation that Mac users consider using anti-virus software.

The generic term for viruses, spyware, etc. is malware, and malware authors are getting more and more creative in getting their hands into your computer. A particularly nasty approach being used is to trick you by popping up a window that says your computer is being scanned for viruses, and that upwards of 40 have been found. It instructs you to click on a button to download their "anti-virus" software to clean your system. When you click on that button, you've just allow the spyware onto your system. It is a very convincing window and looks legitimate. Once downloaded, it adds insult to injury by telling you need to purchase the software to actually remove the viruses. Of course, it doesn't remove any spyware or virus, and getting you to send them money is just icing on their cake. The most common names for this program is WinAntiVirus 2008 (and now a 2009 version) and Pro AntiSpyware.

The problem with these and many other malware programs is that they are increasingly difficult for your anti-virus and anti-spyware program to detect and almost impossible to completely remove. Many threats appear before the anti-virus companies even have a chance to update their software, leaving you completely unprotected.

So how can you keep your computer safe from such threats? The first thing you must do is be sure to keep your anti-virus up to date. If your subscription has expired, you should either renew it or else use one of the free anti-virus programs like AVG Free or Avast (they have paid versions but you don't need them). Microsoft's anti-spyware program "Defender" is included with Vista and can be downloaded free from Microsoft for Windows XP. Though the threat for Macs is low, programs like ClamXav and MacScan are available, as are programs from Symantec and McAfee.

Next is keep your operating system up to date. Both Microsoft and Apple frequently issue updates, and it's very important you patch your computer before the bad guys worm their way in.

Finally and most important is your behavior when using your computer. You can own a Volvo or Mercedes with 12 airbags and 5-way seat belts, but if your behavior is to drive 120 miles an hour,

(Continued on Page 5)

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Virus and Spyware - (Continued from page 4)

those safety features aren't going to help you when you hit a solid wall. Likewise, when you're using your computer, don't click on links or open attachments in email, even if it's from someone you know – they may not even know they sent it! If you're expecting it, then ok. Don't click on email links that look like they came from your bank, many people have given their banking login information to thieves because they thought they were logging into their bank, but really weren't. If you use Internet Explorer, be sure you've upgraded to version 7 (click on Help | About to see the version number.) If you're using Firefox, you should be using version 3. Safari users should be at 3.2 (4.0 will be released sometime "soon".) Don't click on pop-up's, and don't download music sharing sites like LimeWire, where malware is EVERYWHERE. Follow those few tips and you'll enjoy a much safer computing experience.

Submit Information for Publication in the Newsletter

Please help fill the Summerwood Newsletter with news of interest to Summerwood residents. If you have some information that you would like to have published in the newsletter, please visit our web-site: www.PEELinc.com. Articles and/or photos must be received by the 9th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

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			6					
	5	1			9	3		
					5	1		
6				5				4
			3					
	9				7		1	5
					1	4		
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Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®



Battling Boredom

ARE YOU FINDING IT DIFFICULT TO GET

out of bed in the morning for your daily walk and making up excuses to skip the gym on the way home? Even the most dedicated exercisers occasionally get bored with their routine. Waning motivation, cutting workouts short and not having your old enthusiasm all are signs of a stale exercise regimen.

Quick Fix

First, evaluate your current routine to determine what really bores you. A new variation on your favorite activity — such as cardio-funk or kickboxing instead of step aerobics, or hoisting free weights instead of working on machines — may be enough to reinvigorate a stale routine.

If you've always worked out indoors, logging miles on a treadmill, stairclimber or stationary bike, move your workout outside for a welcome change of scenery. Run, hike or bike on trails; swim in a lake or ocean.

Bigger Changes

When tweaking your routine isn't enough, make bigger changes. Take up an entirely new activity — especially something you never thought you'd do. If you've always stuck to solitary pursuits, sign up for a team sport, such as volleyball, basketball or even doubles tennis. Or tackle something you've always shied away from — indulge your thirst for adventure with a rock-climbing class (start on an indoor wall, then move to the real thing as your skills improve).

Good Company

Working out alone often is an oasis of solitude in a busy day, but maybe you need some company. Exercise companions add a social element to any routine. Ask a friend to be your workout partner—you won't skip a workout if someone is waiting for you.

Just about every sport or activity has a club; to find one, ask around at gyms or local community centers. Keeping up with the crowd also means you'll be challenged to improve your skills. Ask about organized workouts and fun runs offered by local track clubs, as well as group rides hosted by cycling clubs.

Challenge Yourself

Many exercisers work out simply to stay in shape, and most of the time that's just fine. But setting a goal, such as

finishing a 10K race or completing a rough-water swim, will give your daily workouts more meaning.

Start by incorporating bursts of speed into your workouts. After a gentle warm-up, alternate a fast pace with a slower one for recovery. This can be as simple as sprinting to the next tree, or as structured as running intervals on a track or sprinting laps in the pool.

Add Variety

Elite triathletes pioneered the cross-training concept, and it works for the rest of us, too. If you usually focus on one activity, substitute another a few days a week. Ideally, any exercise program includes elements of cardiovascular exercise, weight training and flexibility.

New Toys

Small exercise gadgets aren't necessary, but they can make your workouts more fun and challenging. Heart-rate monitors, aquatic toys and safety equipment are just a few items to consider. Find out which new training gadgets are available for your favorite activity.

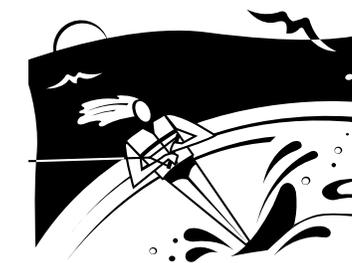
Take a Break

Sometimes you really do need time off. In that case, cut back on your usual routine, and substitute other activities. You might even find one that you enjoy more than your old favorites.

Once you've fought your first battle with boredom, you'll know the tricks to keep exercise from becoming too routine. Trying new sports, new classes and new activities — and learning how to throw a little variety into old favorites — can help you overcome the nagging inclination to devise those creative excuses for not working out.

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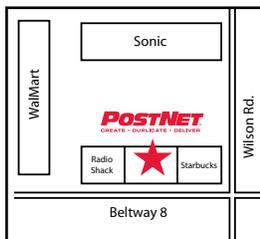


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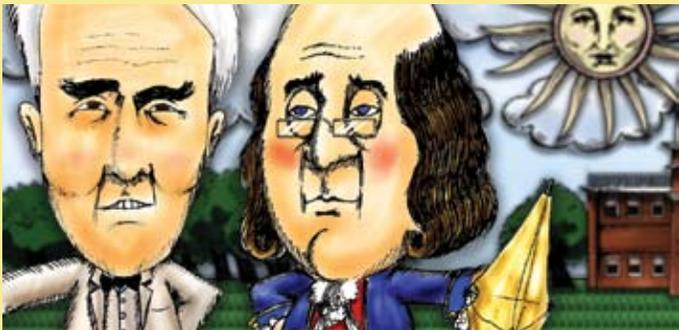
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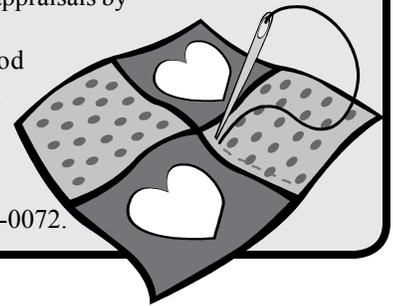
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