

HEART CHALLENGE

February is Heart Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce the risk of cardiovascular disease.

Prevention is key and starts with knowing the risk factors.

The many contributing factors to an unhealthy heart include: unhealthy diet, physical inactivity, unhealthy weight, smoking and stress.

Review the measures outlined below that you can take to help reduce your risk (document found here: <https://www.mcgill.ca/hr/benefits/health-well-being>)

See submission details at the bottom of page 2 to participate.



ABOUT HEART HEALTH

Educate Yourself

- Sign up for a Health and Well-Being event [here](#).
- Block some time in your day to read articles on heart health
 - [What is heart disease?](#)
 - [What are the lifestyle risk factors?](#)

Know Your Numbers

Ask your Doctor about undergoing a health screening to learn your heart health numbers.

- [Body mass index](#)
- Blood glucose
- Blood pressure
- Cholesterol levels

Rate Your Heart Health?

Take the Heart and Stroke Foundation's [Risk Assessment](#)

Physical Activity Guidelines

Do you know that Canada has [guidelines for physical activity](#)? The Health and Well-Being page also has other [resources](#) to help you move more.

Nutrition Information

Read more about healthy eating:

- [Canada's Food Guide](#)
- [Heart and Stroke- Healthy Eating](#)

Reduce Stress

Heart and Stroke Foundation: [How can I reduce my stress?](#)

Smoking

Tobacco use increases your risk of developing heart disease. [Looking for support strategies to quit?](#)

Plan

[Create realistic and obtainable goals](#) to help improve your heart health. Remember that small changes can make a big difference.

Become a Health Heart Advocate

Commit to yourself that you will continue your healthy lifestyle. Bring along a friend or colleague to your exercise class. Share your healthy recipes and your knowledge with friends and family.

COOKING CLASS DETAILS

20 prizes available for a cooking class with McGill Chef Oliver De Volpi during lunch at the Royal Victoria Dining Hall on March 5th. Learn how to make tasty and healthy hors d'oeuvres. Bring your appetites! Details will be provided to the lucky winners.

SUBMISSION DETAILS

Send a photo or a few sentences listing your commitment to two or more of these measures.

Submit by February 21th at 5pm for a chance to be entered in a lottery to win a free cooking class!

Submission must be clear indications of participation in heart health activities. Examples include: photo of you during physical activity, photo of heart healthy meal, a short blurb about what you learned during a healthy heart conference or article you read, how the challenge has changed your habits or how you were an advocate for heart health with your team.

The Health and Well-Being program may follow-up with questions about submission.

Happy healthy heart discovery!

For additional questions: healthandwellbeing.hr@mcgill.ca