



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department

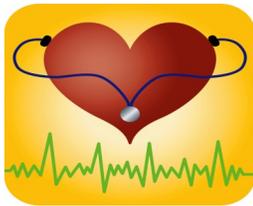
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February is..... American Heart Month

Heart disease is the leading cause of death in the United States and claims approximately 1 million lives a year. This means that 1 in every 4 deaths is a result of heart disease. A healthy diet and lifestyle are the best weapons in the fight against heart disease. Make smart choices to benefit your heart and your overall health.

“Life's Simple 7”:

- 1.) Don't Smoke
- 2.) Reach and maintain a healthy weight
- 3.) Engage in regular physical activity
- 4.) Follow a healthy diet
- 5.) Manage blood pressure
- 6.) Keep cholesterol within a normal range
- 7.) Keep blood sugar or glucose at healthy levels



As a part of a healthy diet, an adult consuming 2,000 calories daily should aim for:

- ◇ At least 4.5 cups of fruits and vegetables a week
- ◇ At least (2) 3.5 oz. servings of fish a week
- ◇ At least (3) 1 oz. servings of whole grain a day
- ◇ Less than 1,500 mg of sodium a day
- ◇ No more than 450 calories a week from sugar sweetened beverages
- ◇ At least 4 servings a week of nuts, legumes and seeds
- ◇ No more than 2 servings of processed meats a week
- ◇ Saturated fat needs to be less than 7% of total energy intake



Did you know?

A great way to have fun while exercising is taking part in the Portage Park District parks and trails. There are 10 parks throughout Portage County as well as a hike and bike trail. During the winter season you can also take part in Cross Country Skiing.



Cross Country skiing is offered at:

- ◇ Towner's Woods
- ◇ Dix Park
- ◇ The Portage Hike & Bike Trail
- ◇ Headwaters Trail
- ◇ Berlin Lake Trail

Let's Get Moving

Let's Get Moving is a program offered through Robinson Health Center at Streetsboro. This program is intended to help individuals get on track to a healthier lifestyle by

- ◇ Helping with weight control
- ◇ Improving fitness
- ◇ Reducing the risk of major diseases

Let's get moving is a local program designed for youth, adolescents and adults.

For more information on the Let's Get Moving program contact Tom Bartsokas M.D. @ (330) 422-7920.

Questions or Comments?

Contact Us!

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