



February



1

- Consume fruits, vegetables, whole grains, legumes, lean protein, seafood, nuts and seeds
- Limit trans and saturated fats, sodium and added sugar
- Avoid alcohol and processed foods

2

- 150 minutes of moderate activity a week
- Include muscle building activity
- Avoid sitting for long periods

3



4

- 8 hours of sleep per night
- Limit screen time before bed



5

Consult your doctor about a healthy weight goal based off your height, weight, age and medical history

6

LDL: low density lipoprotein “bad cholesterol” should be low
HDL: high density lipoprotein “good cholesterol” should be high



7

- Manage blood sugar by balancing carbohydrates with a protein and healthy fat.
- Limit simple carbohydrates, eat more complex carbohydrates from whole grains.

8

Blood pressure goals is 120/80 or less. Consult with your doctor if your blood pressure is too high or too low.

American Heart Association's Life's Essential 8: Health behaviors and health factors that lead to a healthier life.

1. Health Behavior: Eat Better
2. Health Behavior: Be More Active
3. Health Behavior: Quit Tobacco
4. Health Behavior: Get Healthy Sleep
5. Health Factor: Manage Weight
6. Health Factor: Control Cholesterol
7. Health Factor: Manage Blood Sugar
8. Health Factor: Manage Blood Pressure

Meals on Wheels

TIPS FOR A HEALTHY HEART

- Stop Smoking
- Drink Less
- Pump Some Iron
- Reduce Stress
- Ditch the Salt
- Good Sleep
- Cut the Fat
- Lower Blood Pressure
- Get Active
- Lose Weight

WORD SEARCH

Valentine Words

adore	honey	dear
February	admire	love
friend	special	hug



o l a d f i d e a r
 c a f h e v e k u h
 r i a j b y a l a o
 g c t f r i e n d n
 p e r a u q u t o n
 s p m n a c l o r y
 z s b o r d o t e g
 h o n e y d v e g u
 w a d m i r e s e h

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PROGRAM HIGHLIGHT

VOA'S HANDYMAN PROGRAM

The Handyman Program offers free home repairs for low-income seniors in Adams, Arapahoe, Denver, Douglas, Jefferson, Clear Creek, and Gilpin counties. If you're interested in volunteering or would like to make a service request, please contact 720-264-3366.



TRIVIA

QUESTION

According to Roman mythology, who is the son of Mercury and Venus?

- A. St. Valentine
- B. Cupid
- C. Mr. Roman