

# Love Your Heart!

So here I am, being interviewed at my studio by Global TV National News and by CBC World Report about my heart attack experience and what I have changed in my life as a result of my traumatic health scare. The topic about heart disease is so prominent during the month of February because it is Heart Month. I am now a National and Ontario media spokesperson for the Heart and Stroke Foundation as a result of my own heart attack, back seven months ago.

So I take a look at my lifestyle prior to my heart attack and assess what I have been doing - my cardiologist had said to me to keep leading a healthy lifestyle like I had been because there is not much room for improvement. But of course, I never see the glass half full; I continually search for ways to improve so that I don't create more clogged arteries that may lead to another heart attack!

So you might wonder what have I learned from seven months of cardiac rehabilitation? Well, first off if you don't take the medications prescribed to you then you are more at risk for harming your body with another heart attack. The medication that I take to slow down my heart rate is crucial, so that my heart is not working extra hard for no reason at all, especially during my workouts.

If you are not finding ways to de-stress the mind and body then you are creating more anxiety than the body needs which can lead to another traumatic event! So I have started to learn ways to tone down my stresses and enjoy some relaxation routines such as regular massages!

If you are using caffeine to keep the mind and body awake, then you are putting unnecessary stress on the heart so caffeine is a stimulant which I am now consciously avoiding.

Another major awareness for me is the correlation of plaque between your teeth and heart disease. During all those dentist visits and the constant reminders that I need to floss everyday it has now sunk in and has become a healthy lifestyle change to add flossing into my daily routine!

So don't wait for your own cardiac rehabilitation before you start making healthy lifestyle changes into your daily routine because its much easier to just learn from my tragic event then to wait to experience one for yourself! If you need some motivation to give you the guidance to make some healthy lifestyle changes then please give me a call!

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**Submitted by Nadia Bender**

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