



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

For More Information Contact:

Nancy Gerstein
Creative Marketing Associates, Inc.
nancy@cmacreative.com
www.cmacreative.com

FOR IMMEDIATE RELEASE

The NSYMCA Urges the Community to Get a Blood Pressure Screening
Offers Free Heart Healthy Nutrition Program

Northbrook, IL; February 2021 - In honor of American Heart Month in February, the North Suburban YMCA is urging its community members to get a blood pressure screening. Revised blood pressure guidelines from the American Heart Association suggest that nearly half of all Americans (46 percent) have high blood pressure, often referred to as “The Silent Killer,” because there are typically no warning signs or symptoms.

While high blood pressure and heart disease are serious conditions, the good news is a healthy heart is an achievable goal through lifestyle changes such as lowering sodium intake, eating healthier, and getting more physical activity.

Getting help can be as easy as contacting the NSYMCA and participating in a free, virtual *Heart Healthy Nutrition* program on Wednesday, February 10 at noon. This program, hosted by Certified Precision Nutrition Coach and NSMCA Personal Trainer, Anna Harris, provides sustainable information to help participants build healthy eating habits. Anna will cover topics such as nutrition basics, how to break big goals into achievable daily practices, how to eat enough to never feel stuffed, portion control done intuitively, and food journaling. To register for this program, contact Karen Brownlee at kbrownlee@nsymca.org

In addition, the North Suburban YMCA’s on-going weight loss program provides a supportive environment where participants work one-on-one with a personal trainer and dietician. With the goal of losing body weight to reduce their risk for developing heart disease, participants learn healthy eating habits, increase their physical activity, and make other long-lasting behavior changes.

“There are many factors in keeping your heart healthy, including reducing your blood pressure and sodium intake which are two of the most effective tools for preventing heart disease,” said Megan Vazquez, Senior Director of Wellness at the North Suburban YMCA. “Whether you have high blood pressure, are at risk for heart disease, or just have a few pounds to lose, the Y has the right resources that can help anyone achieve better health.”

Learn more by visiting www.nsymca.org or stopping by the NSYMCA’s facility at 2705 Techny Road in Northbrook, IL.

About the North Suburban YMCA

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org.



Caption: In honor of February Heart Health Month, the North Suburban YMCA is presenting a free, virtual *Heart Healthy Nutrition* program on Wednesday, February 10.

###