



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:

Carolyn Gessner
Creative Marketing Associates, Inc.
carolyn@cmacreative.com
www.cmacreative.com
847 858-4203 (direct)

FOR IMMEDIATE RELEASE

Fall in Love with Heart Health during American Heart Month

Northbrook, IL – February 1, 2015: February is American Heart Month and as a leading voice on improving the nation's health, the North Suburban YMCA urges those in our local communities to take steps to make sure they are heart healthy so they can lead longer, healthier lives.

According to the Centers for Disease Control and Prevention (CDC), heart disease is the nation's number one killer, responsible for one in four deaths each year in the United States. The Y offers community-based healthy living and chronic disease prevention initiatives that support people in changing their lifestyles, encourage organizations and communities to adopt behaviors that promote healthy living, and promote the public's health through advocacy.

To address the prevalence of heart disease, the Y has made a national commitment to the Million Hearts campaign, an initiative spearheaded by the U.S. Department of Health and Human Services, CDC and Centers for Medicare and Medicaid Services that aims to prevent one million heart attacks and strokes. As part of this commitment, the Y is developing a new national program that will help people with hypertension lower their blood pressure through coaching support and a proven self-monitoring practice. Research shows that the simple process of checking and recording your blood pressure at least twice a month over a four month period, along with regular physical activity, proper nutrition and reducing sodium intake, may lower blood pressure in people with high blood pressure.

"Heart disease is a critical issue for each one of us, and it's never too late to get heart healthy," said Howard Schultz, Executive Director and CEO of the North Suburban YMCA. "Organizations like the Y have numerous options that can get you on the right path to avoid this preventable condition."

The North Suburban YMCA encourages heart health through wellness programs for individuals of all ages and stages. The Y not only offers classes and programs for adults, but for children, teens, families and seniors as well. The wide variety of opportunities, including swimming, dance, sports, yoga, fitness classes, and nutrition counseling, ensure that all participants can find a program that appeals to their own interests and schedules. The Y even offers assistance to individuals in financial need to keep its programs accessible to all.

In addition to programs and services offered by the NSYMCA, the Y offers the following tips on how to live heart healthy.

Get Physical: Being physically active every day is fun and can improve the function of your heart.

Take a Snooze: Lack of sleep has been associated with elevated cholesterol and blood pressure. Adults need at least seven, but no more than nine hours of sleep at night to aid with the prevention of heart disease. Children need 10-12 hours of sleep per night.

Shape Up Those Recipes: Makeover your family's favorite recipes by reducing the amount of salt and saturated fat and substituting a lower fat food without sacrificing tastes.

Feeling the Pressure: According to the American Heart Association, lowering or maintaining normal blood pressure can greatly reduce your risk for heart disease and stroke.

Play Together: Spending time together as a family is a great way to reduce stress, which is important to heart health.

To learn more about activities and programs to support heart health at the North Suburban YMCA, visit www.nsymca.org.



Photo Caption: Invigorating cardio classes are just one way to keep your heart healthy at the North Suburban YMCA.

About the North Suburban YMCA

The YMCA is a not-for-profit entity and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Barb Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.