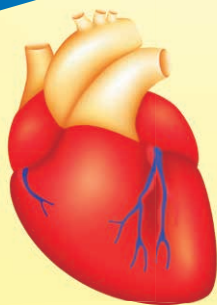




Healthy and Happy Seminar 2



Five Steps to Prevent a Heart Attack.

Each Valentine's Day the picture of the heart takes center stage! Why? Because the heart is a universal symbol of love! The heart is also the center of life! It pumps life-giving blood throughout the body.

1. The heart is an amazing machine! Here are a few facts about it.

- It starts to work 21 days after conception, and continues through life.
- It beats 100,000 times a day. That's 2 ½ billion beats in a lifetime!
- It pumps 2,000 gallons of blood each day through the whole body!

2. Today, heart disease is the number one killer! And CAD is prevalent. True or False?

1. Coronary Artery Disease is caused by the buildup of deposits of fat, called plaque, in the arteries of the heart.
2. The buildup of plaque causes the cardiac arteries to widen, and restricts blood flow.
3. The affected areas become weak, and this results in CAD.

3. What causes a heart attack?

Choose: clot, death, die.

- (a) If a piece of plaque breaks off, it forms a _____ that blocks the flow of blood to a section of the heart.
- (b) This causes that part of the heart to _____.
- (c) If it is not treated quickly, a heart attack can result in _____!



4. Step # 1 to prevent a heart attack: Do Aerobic Exercise.

1. Aerobics are activities that exercise the whole body.
 2. They strengthen the heart, causing it to work more and last longer.
 3. Some examples of aerobic exercise are walking, running, cycling.
 4. Minimum time recommended is 20 minutes a day, 5 days a week.

5. Step # 2: Eat a Heart Healthy Diet - high in fiber and low on fat.

Choose the right words: soy, fat, fiber, Omega-3.

- (a) Vegetables are low on fat, high in _____, so they are heart healthy.
(b) Red meat is low in fiber, high in _____. So it is bad for the heart.
(c) Salmon and mackerel are rich in _____, and this is heart healthy.
(d) Omega-3 is also found in flax seeds, walnuts, and _____ beans.

6. Step #3 is: If You Smoke, Stop Smoking! True or False?

1. Chemicals in tobacco can damage the heart and blood vessels.
 2. In order to stop, make up your mind. Also avoid triggers.
 3. Try distraction techniques. Use substitutes.
 4. Limit your intake of water.
 5. Join a support group.

7. Step #4 to Prevent a Heart Attack: Control Your Cholesterol.

- The so-called "good cholesterol" (HDL), is produced in the liver, and protects against heart disease.
- The so-called "bad cholesterol" (LDL), causes buildup of plaque in blood vessels. This can rupture or block the vessels, and cause a heart attack.
- We can lower "bad cholesterol" by eating a plant-based diet.

8. Step #5: Lower Your Stress.

Choose the right words: heart, meditation, adrenaline, constant.

- (a) When under stress, there is a rush of _____.
(b) This increases the _____ rate and raises the blood pressure.
(c) A _____ state of stress can cause a heart attack!
(d) We can lower stress by deep breathing, laughter, and _____.

9. Since my heart is so important to my health, what should I do with it?

Proverbs 4:23 _____.

10. Group Activity. Take Your Pick!

Identify one of the five steps that you need to work on _____.

Then share it with your group, and say what you plan to do about it.

11. Each of us has a spiritual heart. That spiritual heart is your mind. And it gets cluttered with spiritual plaque!

Psalm 51:5, Jeremiah 17:9. Choose the right words: nature, sin, born.

(a) The spiritual plaque that damages my life is _____.

(b) I was _____ a sinner. Every person is born that way.

(c) No matter how hard I try, I cannot change my sinful _____.

12. So how can I get rid of sin? Step 1 is: Experience God's Forgiveness.

John 3:16, 1 John 1:7, Psalm 51:1, 2. True or False?

1. I should have died for my sins. But Jesus died in my place!

2. If I ask for it, Christ's blood can cleanse my heart from every sin.

3. David committed adultery and murder! He prayed, God forgave!

13. How completely will God forgive me of my sins?

1 John 1:9, Micah 7:18, 19. True or False?

1. God has promised to cast them all into the depths of the sea!

2. The deepest part of the sea is in the Pacific Ocean – 5 miles deep!

3. So no matter how terrible my sins, God will forgive me completely.

14. Step 2: Get a New Heart – Like David did! His prayer continued.

Psalm 51:10. "Create in me a clean _____ [mind], O God."





15. Dr. Jesus is ready to perform heart surgery! And it's Free!

Ezekiel 36:26, Acts 2:39. Choose: behavior, ask, conversion.

- (a) It is God's gift. But, like David, we need to _____ for it.
- (b) This change of heart, of mind, is called _____.
- (c) Conversion means a change of lifestyle, a change of _____.

16. How radical is this change that God is willing to give?

2 Corinthians 5:17. "All things have become new."

- The thief becomes honest! The drunkard becomes sober!
- The smoker becomes drug free! The drug-user becomes an abstainer!
- The adulterer becomes pure! The abuser becomes a care-giver!

17. Good News! God is ready to give you this new heart – right now!

2 Corinthians 6:2. "Behold, now is the day of salvation."

My Choice.

- By God's power, I will take the five steps to have a healthy heart.
- I want Dr. Jesus to change my life and give me a new spiritual heart.
- I believe He has started this change in my life, and I gladly accept it.

Check Your Answers. 2. 1T, 2F [narrows], 3T. 4. 1T, 2F [work less], 3T, 4F [30]. 6. 1T, 2T, 3T, 4F [much water], 5T. 12. 1T, 2T, 3T. 13. 1T, 2F [seven miles], 3T.

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Contributors. For a list of health professionals, go to the Leader's Guide on Website.

