



## TAYLOR TIDBITS

### FEBRUARY – A MONTH FOR HEARTS

During the month of February we observe Valentine's Day with the exchange of candy, flowers and cards decorated with hearts, cherubs and sweet sayings. February is also designated as Heart Health Month.

The heart is the only organ in the body that never rests. We depend on our heart to keep us going and hopefully not to skip a beat. If we take care of our heart by eating a healthy diet, observing portion control and participating in moderate exercise, most people will reap positive results.

Taylor Rehabilitation & Wellness Center offers Cardiac Rehab as an outpatient service. Cardiac Rehab is a supervised, progressive exercise program designed for people who have had a heart attack, a heart catheterization with angioplasty or stenting, heart surgery for bypass or valve repair/replacement, stable angina or a heart transplant. Participants receive health and nutrition education so that they may make healthier lifestyle choices and counseling on stress and stress reduction. People are referred to Cardiac Rehab by a physician to regain strength and stamina and to begin a moderate exercise program, which they should continue after discharge. Participants who complete the program learn that they can choose to live a healthier lifestyle, which will help prevent future heart events and hospitalizations.

Taylor Wellness Center offers memberships that give people the choice of cardio exercise and weight lifting in a temperature controlled environment. The center also offers water exercise in a pool heated to a therapeutic temperature. The Taylor campus has a picturesque, paved track that circles a pond, fountain and ornamental plantings.

Many of you may say, "I live an active lifestyle." However, an active lifestyle is not considered moderate exercise. Moderate exercise is achieving a target heart rate, which is 25-30 beats above one's resting heart rate, for 30-50 minutes, with rest in between. Moderate exercise strengthens the heart, lungs, arms and legs. Moderate exercise can help lower a person's blood pressure and blood sugar and improve shortness of breath and reduce body and belly fat. Consistent moderate exercise, like walking, is less stressful on your hips and knees and is as beneficial as vigorous exercise.

Consider beginning this February with a commitment to improving your heart health by joining the Taylor Wellness Center for an individualized, planned exercise plan, or begin an independent, progressive exercise program and change your eating habits to benefit your heart and body.

Article by: Barbara D. Henry, R.N.  
Manager of Cardiac Rehabilitation  
Taylor Rehabilitation and Wellness Center