



The City of Tallahassee and The Tallahassee Fire Department Present:



The Newsladder



As Valentine's Day is just around the corner, we dedicate this issue to your heart. Eating the right foods, getting the right amount of sleep, and exercising will keep your heart physically healthy.

Diet and Lifestyle Recommendations

A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. Make the simple steps below part of your life for long-term benefits to your health and your heart.

Use up at least as many calories as you take in.

Start by knowing [how many calories](#) you should be eating and drinking to maintain your weight. Don't eat more calories than you know you can burn up every day. Increase the amount and intensity of your physical activity to match the number of calories you take in. Aim for at least 30 minutes of moderate physical activity on most days of the week or — best of all — at least 30 minutes every day. Regular physical activity can help you maintain your weight, keep off weight that you lose and help you reach physical and cardiovascular fitness. If you can't do at least 30 minutes at one time, you can add up 10-minute sessions through-

out the day.

Eat a variety of nutritious foods from all the food groups.

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have vitamins, minerals, fiber and other nutrients, but are lower in calories. To get the nutrients you need, choose foods like vegetables, fruits, whole-grain products and fat-free or low-fat dairy products.

- Vegetables and fruits are high in vitamins, minerals and fiber — and they're low in calories. Eating a variety of fruits and vegetables may help you control your weight and your blood pressure.
- Unrefined whole-grain foods contain fiber that can help lower your blood cholesterol and help you feel full, which may help you manage your weight.

- Eat fish at least twice a week. Recent research shows that eating oily fish containing omega-3 fatty acids (for example, salmon, trout, and herring) may help lower your risk of death from coronary artery disease.

Eat less of the nutrient-poor foods.

The right number of calories to eat each day is based on your age and physical activity level and whether you're trying to gain, lose or maintain your weight. You could use your daily allotment of calories on a few high-calorie foods and beverages, but you probably wouldn't get the nutrients your body needs to be healthy. Limit foods

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Diet and Lifestyle Recommendations

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and beverages high in calories but low in nutrients, and limit how much saturated fat, *trans* fat, cholesterol and sodium you consume. Read labels carefully — the Nutrition Facts panel will tell you how much of those nutrients each food or beverage contains.



As you make daily food choices, base your eating pattern on these [recommendations](#):

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1 percent fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce *trans* fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 milligrams of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Aim to eat less than 2,300 milligrams of sodium per day.
- If you drink alcohol, drink in moderation. That means one drink per day if you're a woman and two drinks per day if you're a man.
- Follow the American Heart Association recommendations when you eat out, and keep an eye on your portion sizes.

Also, don't smoke tobacco — and stay away from tobacco smoke.

www.americanheart.org

Physical Activity in Your Daily Life

At Home

It's convenient, comfortable and safe to work out at home. It allows your children to see you being active, which sets a good example for them. You can combine exercise with other activities, such as watching TV. If you buy exercise equipment, it's a one-time expense and other family members can use it. It's easy to have short bouts of activity several times a day. Try these tips:

- Do housework yourself instead of hiring someone else to do it.
- Work in the garden or mow the grass. Using a riding mower doesn't count! Rake leaves, prune, dig and pick up trash.
- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.
- Walk or bike to the corner store instead of driving.
- When walking, pick up the pace from leisurely to brisk. Choose a hilly route. When watching TV, sit up instead of lying on the sofa. Better yet, spend a few minutes pedaling on your stationary bicycle while watching TV. Throw away your video remote control. Instead of asking someone to bring you a drink, get up off the couch and get it yourself.
- Stand up while talking on the telephone.
- Walk the dog.
- Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.
- Stretch to reach items in high places and squat or bend to look at items at floor level.
- Keep exercise equipment repaired and use it!

At the Office

Most of us have sedentary jobs. Work takes up a

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From the New American Heart Association Cookbook...

Fillet of Beef with Herbes de Provence

Serves 6

Black pepper, herbes de Provence, and a good measure of garlic flavor this tender cut of beef. Very easy and elegant - excellent for company.

Ingredients

1 1/2-pound beef tenderloin, all visible fat and silver skin discarded
 3 medium garlic cloves, minced
 2 teaspoons dried herbes de Provence or mixed dried herbs, crumbled
 1 teaspoon black pepper, or to taste
 Vegetable oil spray (olive oil spray preferred)
 2 medium carrots, finely diced
 1 medium onion, sliced
 1/4 teaspoon salt
 Sprigs of fresh parsley (optional)

Cooking Instructions

- Preheat the oven to 400°F.
- Tie the meat in three or four places with kitchen twine. Rub the garlic all over the meat. Sprinkle with the herbes de Provence and pepper. Put in a heavy nonstick roasting pan. Lightly spray the roast with the olive oil spray.
- Scatter the carrots and onions on and around the

meat.

- Cook, uncovered, for 25 to 30 minutes per pound for medium-rare, or to desired doneness. Remove from the oven and sprinkle with the salt.
- Cover with aluminum foil and let stand for 10 to 15 minutes. Slice the roast. Garnish with the parsley.

Cook's Tip

Herbes de Provence is a combination of herbs used quite frequently in southern France: basil, thyme, rosemary, marjoram, sage, and lavender. If you don't have herbes de Provence, use a combination of at least two of these, blended in equal amounts.

Nutrition Analysis (per serving)

187 Calories
 6.5 g Total Fat
 2.5 g Saturated Fat
 0.0 g Trans Fat
 0.5 g Polyunsaturated Fat
 2.5 g Monounsaturated Fat
 67 mg Cholesterol
 165 mg Sodium
 6 g Carbohydrates
 1 g Fiber
 3 g Sugar
 25 g Protein

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Physical Activity in Your Daily Life

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- significant part of the day. What can you do to increase your physical activity during the work day? Why not...:
- Brainstorm project ideas with a co-worker while taking a walk.
- Stand while talking on the telephone.
- Walk down the hall to speak with someone rather than using the telephone.
- Take the stairs instead of the elevator. Or get off a few floors early and take the stairs the rest of the way.
- Walk while waiting for the plane at the airport.
- Stay at hotels with fitness centers or swimming pools and use them while on business trips.
- Take along a jump rope in your suitcase when you travel. Jump and do calisthenics in your hotel room.
- Participate in or start a recreation league at your company.
- Form a sports team to raise money for charity events.
- Join a fitness center or Y near your job. Work out before or after work to avoid rush-hour traffic, or drop by for a noon workout.
- Schedule exercise time on your business calendar and treat it as any other important appointment.
- Get off the bus a few blocks early and walk the rest of the way to work or home.
- Walk around your building for a break during the work day or during lunch.

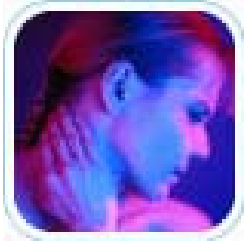
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Know the Warning Signs: Heart Attack, Stroke, and Cardiac Arrest

Act in Time

The American Heart Association and the National Heart, Lung, and Blood Institute have launched a new "Act in Time" campaign to increase people's awareness of heart attack and the importance of calling 9-1-1 immediately at the onset of heart attack symptoms.



Dial 9-1-1 Fast

Heart attack and stroke are life-and-death emergencies — every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don't delay — get help right away!

Statistics

Coronary heart disease is the No. 1 cause of death in the United States. Stroke is the No. 3 cause of death in the United States and a leading cause of serious disability. That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.



Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

Check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug called tissue plasminogen activator (tPA) can reduce long-term disability for the most common type of stroke.

Cardiac arrest strikes immediately and without warning. Here are the signs:

- Sudden loss of responsiveness (no response to tapping on shoulders).
- No normal breathing (the victim does not take a normal breath when you tilt the head up and check for at least five seconds).

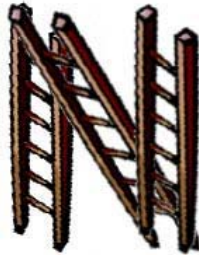
If these signs of cardiac arrest are present, tell someone to call 9-1-1 and get an AED (if one is available) and *you begin CPR immediately.*

If you are alone with an adult who has these signs of cardiac arrest, call 9-1-1 and get an AED (if one is available) before you begin CPR. Use an AED as soon as it arrives.

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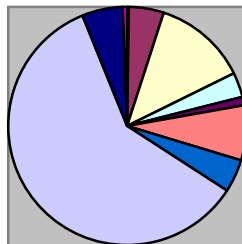
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Just the Facts
October 1—December 31, 2008

Total Calls- 5708



■ Airport Alerts- 22	■ Brush/Rubbish- 270
■ Building Alarms- 726	■ Structure Fires- 182
■ Vehicle Fires- 72	■ Vehicle Rescues- 418
■ Hazard Invest. - 266	■ Medical- 3396
■ Service- 329	■ Misc. Rescue- 27