In Just Five...Heart Healthy Practices

by Caryn Jung, MS, Program Coordinator

Cards and candies are often exchanged this time of year, yet can be easily forgotten in the months to come. If you are looking for a more meaningful expression of heartfelt caring, consider the lifetime gift of improved, heart healthy practices.

With childhood obesity a growing concern, and in recognition of longer adult life spans, think about the suggestions below from the American Heart Association and UA Life & Work Connections as noted, to use and share with loved ones:

**Individuals**

- [Patient Information and Healthy Lifestyle Habits](#) (Tools and resources about cardiovascular disease and stroke)

**Families and Caring for Children**

- [Children's Health](#) and [Children and Youth](#) (Heart healthy tips for parents and children)

**Families and Caring for Older Adults**

- [Heart of Caregiving](#) (Caregiver resources, tools and strategies)

**Other Resources**

- As an integrated program, UA Life & Work Connections is committed to supporting faculty, staff and student "whole person" needs with several programs dedicated to the full campus community. Employees may visit [http://lifework.arizona.edu](http://lifework.arizona.edu) to learn about individual coaching and departmental presentation opportunities on related, family and life cycle nutritional topics. Students may contact [Campus Health Services](#) for assistance.

UA Life & Work Connections' "In Just Five" was developed especially for University of Arizona faculty, staff and students with busy work, school, home and family lives. Designed to be quickly read in about five minutes, rotating tips and strategies will highlight practical ideas and resources in support of caring for yourself, your loved ones, and your work and personal life roles.

To read previous "In Just Five" features, [click here](#).