



Heart "Healthy" Valentine Gift Ideas

1. Gift of "time" to enjoy a special activity together
2. Organic dark chocolate
3. Organic flowers, eco-bouquet or plant
4. Gift certificate for a yoga, pilates or meditation class or an organic spa
5. Gift certificate to a favorite eco-friendly retailer
6. Gift to a special charity or cause
7. "Heart healthy" meal complete with organic wine
8. "Heart healthy" breakfast in bed
9. "Healthy lifestyle" reading, recipe book or magazine subscription

Heart Healthy Tips

- ♥ Eat a heart healthy diet of:
 - lowfat protein: vegetarian, beans, lean meats
 - fish high in omega 3: such as salmon and mackerel
 - unsaturated fats: extra virgin olive, canola oil, avocados
 - fiber-rich foods: whole grain bread and cereal, rice and pasta
 - fruits and vegetables high in vitamins, minerals and phytochemicals: apples, bananas, grapes, carrots, cauliflower and broccoli
 - foods rich in antioxidants such as polyphenols: pomegranate juice, green tea and small amounts of dark chocolate
- ♥ Exercise 30 minutes daily, as approved by your doctor. Join a health club, use an exercise DVD at home, take a brisk walk or hike, or play tennis.
- ♥ Reduce stress through active recreation, yoga and meditation.
- ♥ Take time for hobbies and activities you enjoy: gardening, dancing, walking or social group.
- ♥ Stay connected with friends and family and community: time with friends and family, as well as volunteering is good for your heart and overall health according to studies by Dean Ornish, MD.
- ♥ Laugh more: watch a comedy show or funny movie to increase endorphins that improve feelings of health and well being and reduce stress.

Directions: Print the following page on "Tree-Friendly" or Recycled Paper and cut on dotted lines.



A Valentines Day Gift From the Heart

This card entitles you to:

Happy Valentines Day,

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Visit www.mambosprouts.com, today's resource for healthy, natural and organic food and product information, featuring free printable money saving coupons, organic recipes and natural health tips.