

## RAISE in Action

Achieve your 2018 fitness goals while trying something new with **Cleveland Contemporary Chinese School**. Programs take place at Solon High School and a map of the school can be found here: <http://school.cccca.org/SchoolMap.jpg>.

Some of the fitness classes offered:

- Basketball
- Volleyball
- Pingpong (A and B)
- Martial Arts (Level 1 and 2)
- Wellness Yoga (Kids and advanced)



Above: A CCCS pingpong student at a tournament.

You can register for the programs at <http://school.cccca.org/programs.php>. You will also see the room number and the instructor.

## Healthy Eating Active Living

### February is American Heart Month!

Learn the **ABCS** of heart health. Keep them in mind every day and especially when you talk to your health provider:

- Appropriate aspirin therapy for those who need it
  - Blood pressure control
  - Cholesterol management
  - Smoking cessation
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- Eat a healthy diet with fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Choose foods low in saturated fats, cholesterol, salt (sodium), and added sugars.
  - Exercise regularly. Adults need 2 hours and 30 minutes (or 150 minutes total) of exercise each week.
  - Be smokefree. If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) for free resources, including free quit coaching, a free quit plan, free educational materials, and referrals to other resources where you live.
  - Limit alcohol use, which can lead to long-term health problems, including heart disease and cancer. Do not drink at all if you are pregnant.
  - Know your family history. There may be factors that could increase your risk for heart disease and stroke.