

BOULEVARD PARK PLACE THE POST



Manager: (206) 243-0300
 Sunday-Wednesday, office 2: Kim & Betty
 Wednesday-Saturday, office 1: David & Carrie

February is American Heart Month: Tips for a Healthy Heart

With Valentine's Day just around the corner, many view February as the month of love, but it is also American Heart Month. Here's a few simple lifestyle changes that can make a big impact when it comes to heart health. Show your heart some love with these tips.



Get Active Heart pumping physical activity not only helps to prevent cardiovascular disease but can also improve overall mental and physical health.



Build Some Muscle Strength training compliments cardiovascular exercise by toning muscles and burning fat. In addition, proper strength training can improve daily functional movements, decreasing the chance of injury.



Eat Smart A healthy diet full of heart-smart foods is essential to a healthy heart and lifestyle. Salmon, nuts, berries, and oats are just a few of the heart "superfoods."



Limit Junk To reap the full benefits of a heart-healthy diet, it's important to limit intake of nutrient-poor junk foods. Added sugars, saturated fat and excessive sodium can all negatively impact heart health, as well as overall physical health.



Stress Less Stress increases cortisol, which leads to weight gain, a key risk factor for heart disease. Practice positive self-talk and incorporate mindfulness meditation breaks throughout the day.



Sleep More Sleeping restores the body, helps decrease stress and increases overall happiness. Getting fresh air and physical activity throughout the day aids in improving sleep quality.



Smile! A happy heart is a healthy heart. Making time for enjoyable activities and hobbies helps relieve stress and improves the overall mood, providing a great foundation for a heart-healthy lifestyle.

MANAGERS

(206) 243-0300

Sunday-Wednesday
Kim & Betty

Wednesday-Saturday
David & Carrie

BEAUTY SHOP

(206) 243-8448

Le's Cell Phone
(206) 372-0123

HOURS (by appointment)

Wednesday-Friday
9 am-5 pm

Saturday
10 am-4 pm



- | | |
|------------------|--------------------|
| 1 Don Wieckowicz | 16 Maureen Klink |
| 3 Vi Steinman | 18 Rob Tingley |
| 3 Sheryl Joines | 18 Sherrie Fife |
| 8 Doris Jones | 19 Julie Connolly |
| 10 Jeanne Eckrem | 24 Nancy Whitehair |
| 12 Bonni Curreri | 26 John Davis |

Happy Anniversary
February 6

John & Nona Denny



February 14

Gene & Jan Deda

Welcome
NEW RESIDENTS TO BPP!

John & Karen Gilleland
Apt 344

Mike Turner & Lynda Voigt
Apt 106

Edla Grant
Apt 231

Isabella Campbell
Apt 325

LADIES OF BPP FUNDRAISING

Bake Sale

When: Friday, February 7th
11:00 am to 2:00 pm

Where: MP-2

Sponsored by: THRIVENT FINANCIAL

Proceeds will fund charitable giving of the Ladies of BPP

To Benefit: In an effort to offer healthy foods as well as our favorite treats, there will be homemade items like lasagna, chicken green chili casserole, and Hawaiian salad that will be packaged for take home.

WANTED!
Bakers & Buyers

Items to purchase for lunch:
soups, warm breads, & veggies

Please bring baked goods to B2 kitchen on 2/7 by 9:30 am.

Yum! GOOD EATS

Family & Friends Welcome!