

INSIGHTS

Stanly County Unit



OFFICERS 2016-2018

President Cindy Misenheimer

Vice President Rita Griffin

Secretary Claudette Burris

Treasurer Teresa Carriker

Immediate Past President Mary Adkins

Members donate food for SCCM

At our December meeting members donated 298 pounds of food to the Stanly County Christian Ministry.

NSHS Handbell Choir

The North Stanly High School Handbell Choir under the direction of Mrs. Aza Hudson put us in the Christmas spirit with their wonderful performance at our December meeting.



TOO MUCH CHOLESTEROL IN YOUR BLOOD INCREASES YOUR RISK.
GET TESTED TO LEARN YOUR TOTAL CHOLESTEROL, GOOD (HDL) AND BAD (LDL) CHOLESTEROL AND TRIGLIPIDES.

PHYSICAL INACTIVITY BOOSTS YOUR RISK. EVEN IF YOU HAVE NO OTHER RISK FACTORS.
AIM FOR 2½ HOURS OF MODERATE-INTENSITY AEROBIC ACTIVITY PER WEEK.

SMOKERS ARE UP TO 6 TIMES MORE LIKELY TO SUFFER HEART ATTACKS. DON'T SMOKE AND, IF YOU DO, QUIT.

HEARTTRUTH.GOV
ARE YOU AT RISK FOR HEART DISEASE?
 THE HEART TRUTH
A program of the National Institutes of Health

MAINTAIN A HEALTHY WEIGHT.
THE MORE YOUR BODY MASS INDEX (BMI) THE HIGHER YOUR RISK FOR HEART DISEASE, ESPECIALLY AT BMI >35.

HIGH BLOOD PRESSURE GREATLY INCREASES YOUR RISK.
GET TESTED, REDUCE YOUR SODIUM INTAKE, STAY ACTIVE, MAINTAIN A HEALTHY WEIGHT.

DIABETES. PUTS YOU AT INCREASED RISK FOR HEART DISEASE.
YOU CAN GREATLY REDUCE YOUR RISK BY KEEPING YOUR BLOOD SUGAR UNDER CONTROL TO THE RECOMMENDED TARGETS (A1C <7%).

Sources: National Heart, Lung, and Blood Institute (2005). Your guide to a healthy heart. 1 Diabetes Prevention Program Research Group (2002). Reduction in the incidence of Type 2 diabetes with lifestyle intervention or metformin. *New England Journal of Medicine*, 346(6), 595-603.

Volunteer Hours

We had a total of 41 members turn in volunteer hour log sheets for a total of 10,117.5 hours. Our top volunteer is Jane Barnhart with a total of 1,568 hours. Congratulations Jane and thank you for your service!!!!