



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
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**NORTH SUBURBAN  
YMCA**  
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**FOR IMMEDIATE RELEASE**

**The NSYMCA Raises Heart Disease Prevention Awareness**

*Recommends 5 Steps in Living a Heart Healthy Lifestyle*

**Northbrook, IL: February 2023** – February is American Heart Month, and with recent research indicating blood pressure control has worsened in both men and woman since the onset of the COVID-19 pandemic, the NSYMCA is focused on heart health awareness. As a leading community-based organization committed to improving the nation’s health, the Y is recommending 5 steps that will aid in the prevention of heart disease.

Heart disease and stroke are the first and fifth leading causes of death in the United States, killing about 610,000 people every year according to the Centers for Disease Control and Prevention.

“At the Y, we believe that it’s imperative to help support our community in decreasing their risk for cardiovascular diseases and teaching people different ways to self-manage their nutrition and physical activity to live a long, happy, healthy life,” noted Megan Vazquez, Senior Director of Wellness at the North Suburban YMCA.

Vazquez advises incorporating these 5 tips into a heart healthy lifestyle.

**1. Move Your Body.** Participate in physical activity that you enjoy, feel successful at, and look forward to doing. Aim for 150 minutes/2.5 hours a week, but start slow! If you are new or returning to physical activity, aim for 5-10 minutes of physical activity at a time. As you become stronger, add 5 minutes of activity until you’ve reached the 150 minutes/2.5 hours a week mark.

**2. Feed your body with care.** There is no such thing as “healthy” eating, just healthier choices. Do your best to eat more fruits, vegetables, and whole grains. If you don’t have access to fresh fruit or vegetables, try canned or frozen.

**3. Check your #s.** Have your blood pressure checked regularly with the support of your healthcare team or at your local pharmacy.

**4. Daily De-stress.** Be aware of your everyday stress, and practice techniques to help you manage it by learning meditation, journaling, connecting with others at the Y, taking a yoga class, and being with loved ones.

**5. Rest up:** Short or poor-quality sleep is associated with elevated cholesterol, blood pressure, and hardening of the arteries.

The North Suburban YMCA is always looking to help the community with heart health awareness. Members who join the Y in February can take advantage of unlimited access to 60+ group exercise classes each week including Les Mills, barre, yoga, fitness assessments and consultations, one free Inbody session, family and lap swim, open basketball, pickleball, racquetball, and gym time, along with top-quality fitness equipment and facilities, and an indoor pool. Members can also take advantage of a February personal training sale offering discounted rates on personal training and nutrition counseling. All programs are located at the Y's spacious facility at 2705 Techny Road in Northbrook. To learn more about programs at the North Suburban YMCA, visit [www.nsymca.org](http://www.nsymca.org) or call 847-272-7250.



*Photo caption: Members who join the NSYMCA in February's can take advantage of a personal training sale offering discounted rates on personal training and nutrition counseling, along with unlimited access to 60+ group exercise classes each.*

**About the North Suburban YMCA** The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](http://NSYMCA.org).