

Stitch and Stretch

A Pattern for Good Heart Health



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A few interesting “blocks” of information:

- 480,000 = about 1 per minute
 - *the number of women that die of cardiovascular disease annually in the US. More than the next five causes of death combined.*
- Worldwide – cardiovascular disease accounts for 1/3 of all deaths in women.
- *Only 13% of women view heart disease as a health threat even though it is the #1 killer.*

- 1 in 3 adults in the U.S. suffer from a form of cardiovascular disease.
- 64% of women who died suddenly of CVD had no previous symptoms.
- ***Heart disease rates in post-menopausal women are 2-3 times higher than pre-menopausal women of the same age.***

YOU... CAN MAKE A DIFFERENCE!

**Most cardiovascular disease in women is
*preventable!***



**Assess your risk over a lifetime--not
short term--and take steps for
prevention by adopting a healthy
lifestyle and treat any risk factors that
may be present.**

Top 2 Lifestyle Recommendations for Preventing Heart Disease:

- 1. Seek and Maintain a Healthy Weight**
- 2. Increase Physical Activity**

Beginning a project.... your masterpiece is only as magnificent as its creator!

- **Posture**
- **Range of Motion**
- **Energy**
- **Importance of Movement**
- **Increase Your Step Count!**

Before your start...plan your project

- Find ways to incorporate movement into your day.
- Get a pedometer to track your progress.
- Count the number of steps you take in a 10-minute walk, then duplicate that walk 2-3 times in a day. (example: 60 = steps from middle of Joanne Fabrics parking lot to the door.)
- Find breaks to do 1-2 stretches at a time.
- Head to your sewing room 10 minutes early to do band exercises, then do another set after sewing.

BLOCK 1: Check your posture

- **Stand/sit tall; feet directly under hips**
- **Head erect with chin tucked and ears over shoulders**
- **Lightly pull in abdominal muscles**
- **Drop your tailbone toward the floor keep the natural curves in your spine**
- **Relax and open your chest**
- **Shoulders down, back broad**

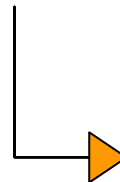
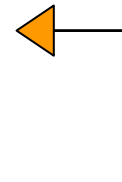
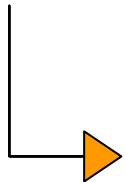
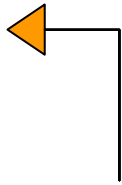
BLOCK 2: Develop your range of motion

- **Move within your body's limits**
- **Don't "bounce" in a stretch or movement**
- **Go to the "point of tension" = the point at which you feel a stretch (not a strain) in the muscle, and hold it there for 15-20 seconds**
- **Gradually move into the position you are about to try—don't rush into it**
- **Hold the stretch, release, and then do it a second time – see if you can move further into the stretch**

Stretches:

- **Scapular W**

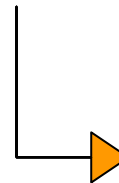
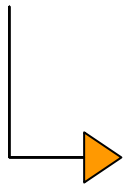
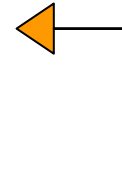
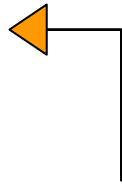
- **Seated Twist**



Stretches:

- **Shoulder Stretch**

- **Shoulder Rolls**



Stretches:

- Seated “Dive”

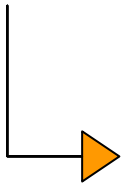
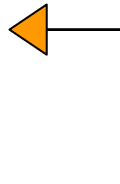


- “Figure 4” Hip Stretch

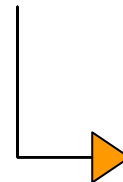
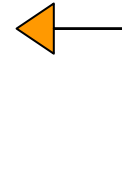


Stretches:

- **Chin Tucks**



- **Calf/Front Hip Stretch**



Stretches:

- **Standing Side Lean**
- **Standing Extension**

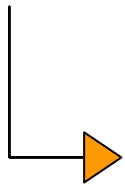
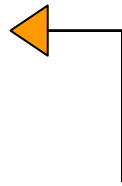


BLOCK 3: Move a little bit

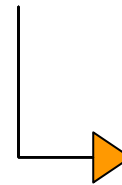
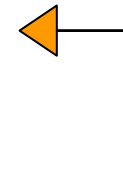
- **Strength training is important for muscle fitness and bone health**
- **Band exercises assist in keeping joints mobile and improve range of motion**
- **Start slowly - do each exercise one time for 5-8 repetitions; 1-2 times per week**
- **Gradually increase to performing each exercise two times; 10-15 repetitions; 2-3 times per week**
- **Perform the movement in a smooth, controlled manner. Breathe as you move through the motion**

Band Exercises:

- Seated Row

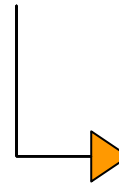
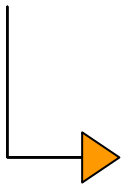
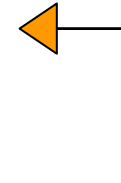
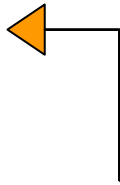


- Seated Leg Press



Band Exercises:

- **Arm Extension**
- **Arm Curls**



Band Exercises:

- **External Rotation**



BLOCK 4: Increase your steps

- **Count the number of steps you typically take in a day and gradually add more**
 - additional 100 steps per day (7 days/week)
 - 700 more steps per week
 - 36,400 MORE steps per year!
- **Find small ways to add more steps**
 - **“Accidental” Steps**
 - ◆ park at the back of a parking lot
 - ◆ take extra trips up/down stairs at home
 - **“Intentional” Steps**
 - ◆ set aside time for a 30-minute walk 3 or more days a week

Assemble the blocks:

- **Now that you have the pieces to a program, design one that suits your lifestyle!**
- **More Movement =**
 - better heart health
 - improved ability to work on a project for longer duration
 - healthier mind and body to do quilting for a lifetime as well as ability to create more intricate projects

Movement Resources

- **Choose To Move: choosetomove.org**
 - **FREE** on-line American Heart Association program
 - **12-week step-by-step program that provides simple exercises and tips for increasing your physical activity and reaching your goals**
 - **You will:**
 - ◆ learn strategies to improve your health
 - ◆ develop skills that will help accomplish your objectives
 - ◆ be able to download charts/worksheets to measure progress!
- **10,000 Steps Program:**
thewalkingsite.com/10000steps

Assembly complete!

For more information online:

- uwsportsmedicine.org
- uwhealth.org/GoRed
- choosetomove.org
- thewalkingsite.com/10000steps