

# Happy Valentine's Day from the Bottom of Our Hearts

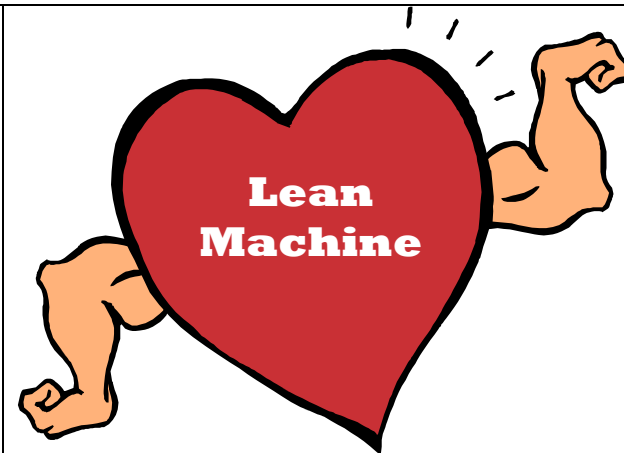
Take these tips to heart and share them with your sweetheart this Valentine's Day. Tips courtesy of New West Physicians, [www.nwphysicians.com](http://www.nwphysicians.com).



Use olive and canola oils instead of margarines and shortenings



Know your cholesterol, blood pressure and family history and work with your doctor to manage your risk for heart disease



Choose lean meats — in order from leanest: fish, buffalo and game meats, turkey, chicken, pork, beef and lamb



Develop your diet around foods found along the outside of the grocery store: fruits, vegetables, lean meats and whole-grain items



Get active in a way that's enjoyable — hike, bike, walk, jump rope — and you're bound to make it a habit; commit to getting 30-45 minutes of exercise at least three days each week



Quitting smoking does your heart good