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ies in your neck. This is so simple, painless and it tells you if you are at risk for a stroke.

If you smoke cigarettes, cigars or chew, STOP! plain and simple. You are cutting off oxygen to your blood and slowly shortening your life. There are many ways and means out there to help you stop if you can’t on your own. You know what they are and where to find them.

EXERCISE at least every other day for twenty to thirty minutes. Not walk spreading some fertilizer once every two weeks. Not playing an adult sport once a week. Run, fast walk, or aerobic exercise. Break a sweat and get your heart pumping for twenty to thirty minutes every other day. Look at what you are shoving into your mouth. CONCENTRATE ON LOW FAT PRODUCTS. There are so many wonderful foods out there to eat. Take the time to read the labels. You read them before spraying. Fruit, vegetables, fish, skinless chicken, rice and beans are all good for you. Frying anything is not! When you are full, stop shoveling it in your mouth. You don’t need to go on some special diet plan unless you need everything written down.

STOP THE STRESS! Easily said, but not done in our jobs. There are many ways during the day to ward off the stress that produces cholesterol and high blood pressure. Walk the golf course. Chair exercises if you are in the office. Laugh it off and remember that it’s only a job. When you are dead and gone, that place will still be there and only the faces will have changed.

You are walking the golf course on a cold, frosty morning in February. Suddenly you feel at ease. You smile knowing that you have control over your life and that you are doing everything that you possibly can to keep from falling on the ground and clutching your chest.

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