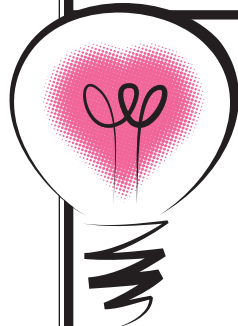


# Parade Picks

Edited by Katie Neal / LIKE US AT [FACEBOOK.COM/PARADEMAG](https://www.facebook.com/parademag)



## HEART SMART

If your motivation to stay healthy is flagging as January comes to a close, fear not! February is American Heart Month, and we've rounded up the best products and advice to keep you and your ticker on the right track.

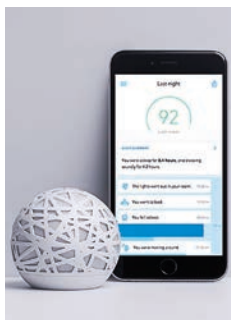
### Come On Get Happy

Just a few minutes of relaxation a day can lower your risk of cardiovascular disease. Get your "om" on with the **10% Happier app**. Dubbed "Meditation for Fidgety Skeptics," this app based on ABC's *Nightline* co-anchor Dan Harris' book of the same name includes guided audio tracks, video Q&As and more. **\$10 monthly subscription, 10percenthappier.com**



### Sleep = Energy

Getting a good night's sleep improves heart health and boosts your energy (giving you more get-up-and-go to exercise). The **Sense sleep tracker** analyzes your sleep cycle and wakes you up when you're sleeping lightly rather than jolting you awake from a deep sleep, which leaves you feeling groggy all day. Set your alarm, choose one of 15 peaceful tones to wake to and let Sense do the rest—while you rest. **\$129, amazon.com**



### A Sweet Treat

A recent study in the *American Journal of Clinical Nutrition* found that tree nuts—like macadamias—lower total cholesterol, LDL and triglycerides, thus improving heart and overall health. Get your fix with a little dark chocolate to sweeten the deal. **Royal Hawaiian Orchard Dark Chocolate Macadamia Nuts, \$5, various grocery stores**

### Go Red at the Gym

For more than a decade, Macy's has partnered with the American Heart Association's Go Red for Women movement, taking a stand against heart disease in women. This year, the department store chain will donate 10 percent of the proceeds from a new line of exclusive **Go Red Ideology activewear**, including bras, socks, pants and tops, to the cause. **Macy's and macys.com**



## WHAT'S YOUR HEART HEALTH IQ?

Most of us know that eating less and moving more is the cornerstone of a heart-healthy lifestyle. But how do we do with the details? The **Cleveland Clinic's** just-released annual Heart Health Survey, which polled Americans last fall, offers some clues.

### Where We're Wrong

- ♥ 81 percent of Americans believe someone with high cholesterol needs a stress test before starting an exercise program. (You don't.)
- ♥ 45 percent of Americans think that someone with heart disease should exercise more than someone without. (The recommendation is the same.)
- ♥ 69 percent of Americans don't know that you need to cut 500 calories per day (or burn that amount) from your diet to lose one pound a week.

### Where We're Right

- ♥ 86 percent of Americans exercise on a weekly basis.
- ♥ 60 percent are working out for the recommended amount of 2.5 hours per week.
- ♥ 27 percent of men and 19 percent of women say nothing gets in the way of their fitness routine.
- ♥ 82 percent of Americans understand that cardiac rehabilitation can cut your risk of death from heart disease by about half.

Visit [Parade.com/hearthealth](http://Parade.com/hearthealth) for more Cleveland Clinic survey results.



### Blaze a Trail

The newest tracker to hit the market? The **Fitbit Blaze**. Available in March, this fitness watch from the popular brand includes GPS, guided on-screen workouts and the ability to sync with your smartphone so you won't miss a call or text while getting fit. **\$200, online and in stores nationwide**



What body shape is the most dangerous to your health? Visit [Parade.com/pounds](http://Parade.com/pounds) to take our weight-loss survey.