



**Saturday, March 20th
10:00 a.m. to noon**

Sunrise Civic Center
10610 West Oakland Park Boulevard
Enter the Municipal Campus from
Josh Lee Boulevard



Sunrise residents are invited to take part in our free and safe springtime event! Drive up to the Sunrise Civic Center to receive an Egg-stravaganza goodie bag — featuring plastic eggs, candy, a craft and a toy — for each child in your vehicle. Just pop your trunk; we'll drop in the treats!

This is a great grab-and-go opportunity designed to help you host your own family egg hunt at home. Supplies are limited — please arrive early!



Call the City of Sunrise Leisure Services Department for details: (954) 747-4600 or visit sunrisefl.gov.

Stay Connected, **SUNRISE!**

In challenging times (and in good times), it's important to stay connected to reliable sources of information. We encourage you to use these communication tools to receive updates from the City of Sunrise:

The City uses the high speed **CodeRED** notification system to alert residents in the event of a boil water order, storm, or other emergency. The only way to be sure you're in our phone number database — especially if you've traded your land line for a cell phone — is to register. It's simple to do online, and takes only minutes. Visit sunrisefl.gov/codered to sign up online, or text AlertSunrise to 99411.

The **Sunrise Source** is the City's weekly email newsletter. Each Source features information about upcoming events and activities — as well as important news. Visit www.sunrisefl.gov/sunrisesource to opt in!

Just like you, Sunrise is active on **social media**! Follow us on Facebook, Twitter and Instagram @cityofsunrise.



**IT'S AMERICAN HEART
MONTH IN SUNRISE**
Renew Your Commitment to Heart Health

Stay Informed: Sign Up for CodeRED

Drive-Thru Egg-stravaganza

VISIT THE CITY OF SUNRISE ONLINE

www.sunrisefl.gov · www.facebook.com/cityofsunrise · www.twitter.com/cityofsunrise

IT'S AMERICAN HEART MONTH IN SUNRISE

Renew Your Commitment to Heart Health

The Sunrise City Commission proclaimed February 2021 as **American Heart Month** in Sunrise, in keeping with the national observance designed to promote heart-healthy lifestyles.

Heart disease affects people of all ages, genders and ethnicities, and is our country's biggest killer. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

Focusing on heart health is more important than ever, as those with poor cardiovascular health are also at risk of severe illness from COVID-19.

This month, renew your commitment to heart health by considering these diet and lifestyle recommendations from the **American Heart Association**:

Use up at least as many calories as you take in.

Regular physical activity can help you maintain your weight, keep off weight that you lose, and help you reach physical and cardiovascular fitness. Aim for at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity (or an equal combination of both) each week.

If it's hard to schedule regular exercise sessions, look for ways to build short bursts of activity into your daily routine, like parking farther away and taking the stairs instead of the elevator. Ideally, your activity should be spread throughout the week.

Eat a variety of nutritious foods.

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have minerals, protein, whole grains and other nutrients but are lower in calories. They may help you control your weight, cholesterol and blood pressure.

An overall healthy, heart-smart dietary pattern emphasizes:

- a variety of fruits and vegetables
- whole grains
- low-fat dairy products
- skinless poultry and fish
- nuts and legumes
- non-tropical vegetable oils

Read nutrition labels carefully, and try to limit your intake of saturated fat, trans fat, sodium, red meat, sweets and sugar-sweetened beverages.

Live tobacco free.

Smoking puts you at higher risk for heart disease and stroke. For optimal health, don't smoke, vape or use tobacco or nicotine products – and avoid secondhand smoke or vapor.

For additional information and resources, visit the American Heart Association's website, www.heart.org.



MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. With motivation, dedication and great foot support, your small daily steps can add up to huge strides. Let your feet take you places you never thought possible!



10 Minutes
of stretching is like walking the length of a football field



2.5 Hours
of walking every week for a year is like walking across the state of Wyoming



30 Minutes
of singles tennis is like walking a 5K



1 Hour
of dancing every week for a year is like walking from Chicago to Indianapolis



20 Minutes
of vacuuming is like walking one mile



30 Minutes
of grocery shopping every other week for a year is like walking a marathon

Source: <http://www.purdue.edu/walktothemoon/activities.html>

EAT SMART ADD COLOR **MOVE MORE** BE WELL

For more ways to add activity to your life, visit HEART.ORG/MOVEMORE