

Did you know...

Heart disease can happen at any age, but it tends to increase in women around or after menopause.

[Learn More](#)



Do you have a question about heart health?

The healthcare professionals at the Karen Yontz Center are available to answer your questions and offer information and guidance on nutrition, fitness, and other healthy lifestyle topics.

[Contact Us](#)

Risk Factors and Prevention

Learn more about these important heart health topics:



[Nutrition](#)



[Lifestyle & Fitness](#)



[Smoking](#)



[Diabetes](#)



Risk Factor Quiz

Take this simple quiz to better understand the risk factors associated with heart disease — and help determine if you're at risk.

[Take the Quiz](#)

Featured Articles



Lifestyle & Fitness

[Getting Started](#)

Being active is an important part of a heart-healthy lifestyle.



Smoking

[How Does Smoking Affect the Heart?](#)

Understanding the most preventable risk factor.



Diabetes

[Women & Diabetes: It's Complicated](#)

Whatever other risk factors a woman has, diabetes is likely making them worse.

Sign Up for Our Newsletter

[Sign Up](#)

Stay up-to-date on the latest news and information about women's health — including heart-healthy tips, articles, recipes, and more — by subscribing to our bi-monthly newsletter.

KNOW YOUR RISK

[Risk Factor Quiz](#)

LIVE HEART-HEALTHY

[Lifestyle & Fitness](#)

[Nutrition](#)

[Cholesterol](#)

[Diabetes](#)

[Hypertension](#)

[Smoking](#)

[Weight Management](#)

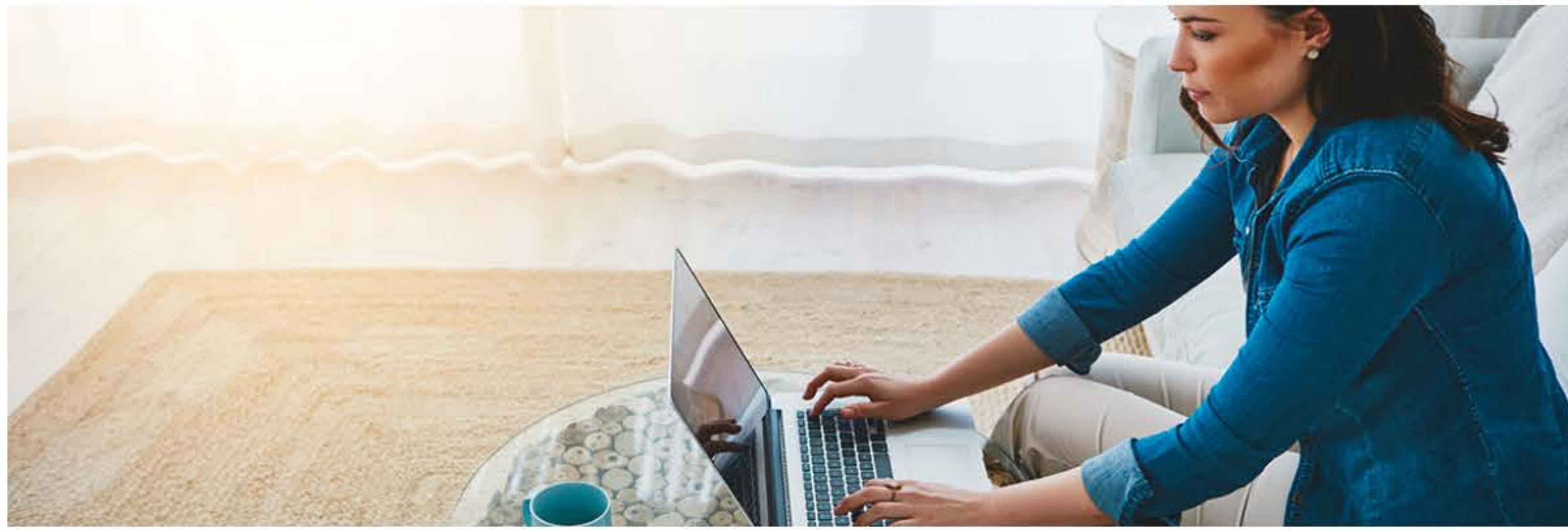
SERVICES

ABOUT US

[Karen's Story](#)

[Historical Timeline](#)

CONTACT US



Live Heart-Healthy

When it comes to women's heart disease, knowledge is power. The Karen Yontz Center keeps you informed and up-to-date with a variety of educational and informational resources.

Risk Factors and Prevention

Read articles and book reviews to learn more about heart health, or try one of our heart-healthy recipes.



[Lifestyle & Fitness](#)



[Nutrition](#)



[Cholesterol](#)



[Smoking](#)



[Diabetes](#)



[Weight Management](#)



[Hypertension](#)

[See All Resources >>](#)

Featured Articles



Nutrition

[Heather Klug's Dietary Tips](#)

Our registered dietitian is dedicated to helping women make better dietary choices.



Cholesterol

[Know Your Numbers](#)

Knowing what your key health numbers mean for you gives you a solid base of understanding about your heart health.



Nutrition

[Apple-Raisin Stuffing](#)

A heart-healthy diet doesn't have to be boring.

Sign Up for Our Newsletter

Stay up-to-date on the latest news and information about women's health — including heart-healthy tips, articles, recipes, and more — by subscribing to our bi-monthly newsletter.

[Sign Up](#)

KNOW YOUR RISK

[Risk Factor Quiz](#)

LIVE HEART-HEALTHY

[Lifestyle & Fitness](#)

[Nutrition](#)

[Cholesterol](#)

[Diabetes](#)

[Hypertension](#)

[Smoking](#)

[Weight Management](#)

SERVICES

ABOUT US

[Karen's Story](#)

[Historical Timeline](#)

CONTACT US





Services

We empower women with the information, resources, and tools they need to make heart-healthy lifestyle decisions.

Classes & Events

We offer a wide variety of classes and community events promoting health and wellness. View our [listing of events](#) to find the ones that interest you. *Note: Many classes are free, but some require a fee.*

Body Gem 'Burn Rate' Measurement

Day: Call to schedule a visit

Phone: [\(414\) 649-5767](tel:4146495767)

"The class was amazing and turned on so many lights in my head. The way the staff explained things and the people they brought in made me see things differently."

– Lisa T., Karen Yontz Center class participant

We're here to serve.

The Karen Yontz Center offers a wide variety of services to help women reduce their risk of heart disease. Browse the free lending library. Speak with our knowledgeable and friendly staff of health professionals. Get a free screening or consultation. Book a presentation for your group. There are so many ways we can help you on your journey to better heart health.



Heart Health Education

On-site library of books, videos and recipes to help lead a heart-healthy life.



One-on-one Consultation

Meet with a registered dietician for counseling and education related to healthy lifestyles and nutrition.



Screenings

Get on-site blood pressure, cholesterol, and glucose screenings.



Weight Management Assistance

Includes Body Gem resting metabolic rate measurements to assist weight management and weight loss.



Presentations

On-site or off, we offer a wide variety of presentations on heart health topics for your business or organization.



Classes & Events

Offered throughout the community, from smoking cessation and cooking demonstrations to various heart-healthy lifestyle topics.

Sign Up for Our Newsletter

Stay up-to-date on the latest news and information about women's health — including heart-healthy tips, articles, recipes, and more — by subscribing to our bi-monthly newsletter.

[Sign Up](#)

KNOW YOUR RISK

[Risk Factor Quiz](#)

LIVE HEART-HEALTHY

[Lifestyle & Fitness](#)

[Nutrition](#)

[Cholesterol](#)

[Diabetes](#)

[Hypertension](#)

[Smoking](#)

[Weight Management](#)

SERVICES

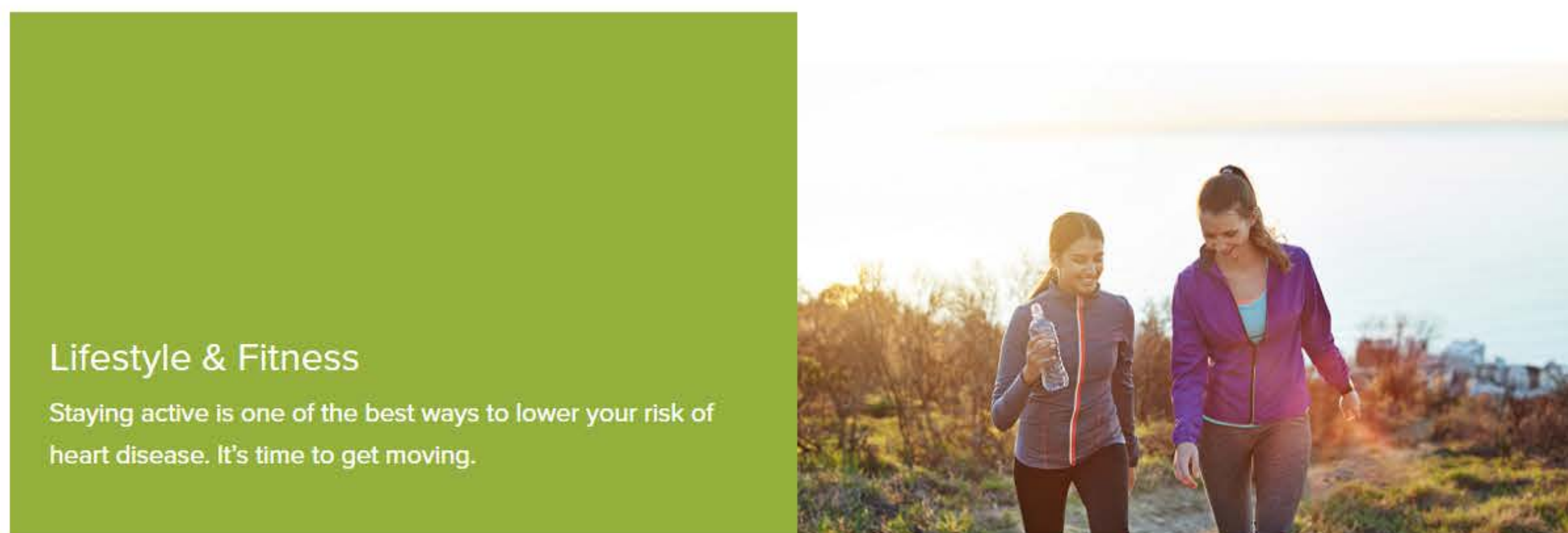
ABOUT US

[Karen's Story](#)

[Historical Timeline](#)

CONTACT US





Lifestyle & Fitness

Staying active is one of the best ways to lower your risk of heart disease. It's time to get moving.

Get Moving to Get Healthy

Did you know that inactivity nearly doubles a woman's risk for heart disease? But it doesn't take a drastic change to put yourself on the path to better heart health. Studies have shown that as little as 30 minutes per day of moderate exercise can reduce the risk of heart disease by 30 – 50 percent. In addition to improving heart health, moderate physical activity reduces stress and boosts energy levels. It can also help you manage your weight, improve your circulation and blood pressure, and raise HDL (aka "good") cholesterol levels.

Heart Healthy Category: Lifestyle & Fitness

All Resources

View: [All](#) | [Articles](#) | [Recipes](#) | [Book Reviews](#)

- [It's Time to Get Grillin'--Heart-Healthy Style!](#) Article
- [Beyond Bubble Baths: 10 Ideas for Effective Self-Care](#) Article
- [6 Tips to Prep for a Virtual Health Visit](#) Article
- [Get to Know the Queen of Hearts Podcast](#) Article
- [Mental Health Maintenance: Help Yourself Now to Help Your Heart Later](#) Article
- [Treat Your Heart to Mood-Boosting Food](#) Article
- [Benefits of Life in the \(Socially Distanced\) Great Outdoors](#) Article
- [App Review: Obé](#) Article
- [How Does Your Garden Grow? With Heart Health!](#) Article
- [Snooze Your Way to a Healthier Heart](#) Article

<< < 1 2 3 4 5 > >>



Additional Resources

- [American Heart Association](#)
- [Everyday Health](#)
- [National Heart, Lung and Blood Institute](#)
- [Aurora Health Care](#)

Sign Up for Our Newsletter

Sign Up

Stay up-to-date on the latest news and information about women's health — including heart-healthy tips, articles, recipes, and more — by subscribing to our bi-monthly newsletter.

KNOW YOUR RISK

[Risk Factor Quiz](#)

LIVE HEART-HEALTHY

[Lifestyle & Fitness](#)

[Nutrition](#)

[Cholesterol](#)

[Diabetes](#)

[Hypertension](#)

[Smoking](#)

[Weight Management](#)

SERVICES

ABOUT US

[Karen's Story](#)

[Historical Timeline](#)

CONTACT US





Beyond Bubble Baths: 10 Ideas for Effective Self-Care

Categories: [Lifestyle & Fitness](#)

By: Karen Yontz Center Staff

Let's face it, we are living in tumultuous times right now. It seems like it's getting harder and harder to keep a sense of wellness about us, whether it's our physical, mental, or spiritual health. In order to keep our mind, body, and soul properly nurtured, we need to have ways to center and restore ourselves. For women who are trying to live a healthy life, self-care is critical.

What are we talking about when we say "self-care"? Many of us think of long bubble baths or mani/pedis as self-care and while they certainly can be, true self-care goes deeper. It is the techniques and lifestyle changes that help us better manage the realities and stresses of our daily life. And like many other aspects of our unique health and wellness, self-care is not something that will happen unless you make the space and time for it. Much like scheduling your annual doctor's checkups keep your physical health top of mind, self-care is something that needs to be managed and controlled by one person: you.

Are you not sure of where to start when it comes to creating a self-care practice? Below are 10 Ideas that are different than your standard bubble bath.

- 1. Schedule your self-care the way you do any other appointment** Without putting those 15 minutes of quiet on your schedule each day, they can become the activity that goes out the window as soon as you get busy. By scheduling them, you're more likely to make the time.
- 2. Do something physical to energize your body** Whether a walk, a dance routine, doing pushups or even jumping jacks, getting your body moving will shake off the cobwebs & give you a mood boost.
- 3. Go on a tech diet** Spend one whole day without your phone, tablet, computer, etc. You may be surprised that you like not being tethered to the world every second.
- 4. Find a place that is quiet & just sit and be still** Bonus points if it's a green space [outdoors](#) where you can enjoy the added calm of being in nature.
- 5. De-clutter** Choose something small like your sock drawer, something big like a closet, or something digital like your email inbox. De-cluttering any of these will give you a sense of satisfaction.
- 6. Create a playlist of songs that bring back happy memories** Need help getting started? If you had a good time at our Go Red Open Houses the past few years, we have an upbeat [80s playlist](#) for you or a relaxing [Hawaiian playlist](#).
- 7. Meet with a therapist/counselor/spiritual advisor** Taking care of your [mental health](#) is definitely an act of self-care.
- 8. Stretch** Whether doing an organized yoga flow or just some simple stretches before bed, work out the kinks and loosen your tight muscles.
- 9. Sleep** Need a nap? Indulge yourself. Not getting enough [sleep](#) at night? Try getting into bed and winding down 10 minutes earlier than normal. Little changes can make big differences.
- 10. Treat yourself** Whether a little bit of heart-healthy dark chocolate, a night at the drive-in, or yes, even that bubble bath, a little treat at the end of the week can be just the thing to keep you feeling well.

Print



Share on Facebook



Share on Twitter



Share on Pinterest



Lending Library

The Karen Yontz Center's lending library is your source for heart-healthy resources including books on lifestyle, cookbooks, workout DVDs, meditation CDs, and much more.

Visit Today:

Karen Yontz Center, Located in Aurora St Luke's Medical Center, 2900 W Oklahoma Ave.
Milwaukee, WI 53125, (414) 649-5767

Sign Up for Our Newsletter

Sign Up

Stay up-to-date on the latest news and information about women's health — including heart-healthy tips, articles, recipes, and more — by subscribing to our bi-monthly newsletter.

KNOW YOUR RISK

Risk Factor Quiz

LIVE HEART-HEALTHY

Lifestyle & Fitness

Nutrition

Cholesterol

Diabetes

Hypertension

Smoking

Weight Management

SERVICES

ABOUT US

Karen's Story

Historical Timeline

CONTACT US

