

Art of the Heart



Would you consider the simple act of drawing cartoons to be heart-healthy? Maybe it sounds like a sedentary activity to you. Or maybe it sounds like something that is fun – so it can't be good for you! In reality, expressing yourself through art can be very heart-healthy, especially if art is your passion, your pleasure, or even simple relaxation.

The emotional and physical benefits of an activity that you love cannot be underestimated – even if the activity doesn't elevate your heart rate to an optimum cardio level, what is now called "the orange zone". Sometimes it's not what you do; it's what you DON'T do. For example, getting lost in the creation of a painting, spinning pottery, or building a bird house are far better for you than snacking on potato chips out of boredom while

sitting on the couch. In addition to increasing your activity level, the fulfillment you will gain from creative self-expression will feed your soul and help reduce restless eating.

**"Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep."
- Scott Adams (American Cartoonist)**

Emotionally, creativity allows positive feelings of absorption, peace, excitement, and self-expression to free us from everyday stressors. Stressors come in many different forms. They can be relationship challenges, illness, financial issues, work problems, etc. Create a healthier you and tap into your own creative nature. Find the Art in your Heart for improved physical and emotional health.