

Lola's Life Lessons: Session 9

One of my favorite proverbs is:

*“Ang taong matalino ay hindi tumitingin sa pagyapak ng paa niya sa lupa.
Binabantayan niya ang kanyang kasunod na hakbang.”*

Translation: “A wise man does not see his foot on the ground; he watches his next step.”

Your future includes balancing your health, your time, and your money. Be wise in your future choices. When I learned that I have high blood pressure, your Lola had to make changes in her lifestyle to lower her blood pressure and to keep good heart health. Heart healthy eating is possible on a busy schedule and on a budget, but you need to be wise and plan ahead.

Look at Rose. With help from Mila, she has learned to be heart smart about cooking. Rose now prepares dishes on the weekends and stores them in the freezer. She uses a list to go shopping and plans her family's meals ahead of time. This helps her know what to buy at the grocery store. Rose also has been buying fewer foods that are high in fat and sodium, and her family is not eating out as often. Sometimes, Mila and I will cook extra food to share with Rose to make sure the family stays heart healthy.

To make it work, you have to think ahead. Keep your heart and family in mind when planning the family's meals and when planning the next step.

A Time To Reflect...

When there is little time or money, what can you do to keep your family heart healthy?

(Use this space to write down your thoughts for this week's session.)