Time to make changes

Heart risk rises in spring, so plan now to get healthy

By American Heart Association News

A utumn temperatures may have just ar- rived, but it’s already time to “fall back,” an hour. For people who have heart-related problems, they may want to apply that extra 60 minutes in their day toward making healthier lifestyle changes. That’s be- cause researchers say when daylight saving time returns, it brings with it a higher chance of having a stroke or heart attack.

Nov. 4 marks the end of daylight saving time, which was created as a way to save fuel during World War I. The United States formally adopted the practice in 1918, hopeful it would encourage consumers to take advantage of the extra sunlight to go shopping or just be out- doors more.

Hawaii and Arizona (aside from the Navajo Na- tion) and with only states that don’t observe daylight sav- ing time. Other states hope to join them. California legislators recently passed a bill that would eliminate the practice.

Michigan. The state legislature approved a law to do away with the practice.