



# Mission in Motion

Health & Wellness Newsletter  
February 2014 – Heart Health

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## Seafood is a great source of omega-3 fatty acids

### *Catch the benefits of fish*

When it comes to safeguarding your heart, fish is the “reel” deal. Rich in omega-3 fatty acids, fish can benefit the hearts of healthy people and those who are at risk for or who have cardiovascular disease.

The American Heart Association recommends eating fish (particularly fatty fish) at least two times a week. Fish is a good source of protein and doesn't have the high saturated fat found in fatty meat products. Examples of fish that are good source for omega-3 fatty acids include:

- Mackerel
- Lake trout
- Herring
- Albacore tuna
- Sardines
- Salmon

Source: American Heart Association



## Reducing risk makes the heart grow stronger

Are you in a risky relationship with your heart? It may be tempting to believe that doing just one healthy thing will take care of your heart disease risk. For example, you may hope that if you exercise regularly, you can still eat a lot of fatty foods and stay fairly healthy. Not true. To protect your heart, make the changes that address each and every risk factor you have, such as high blood pressure, diabetes, being overweight, smoking or high cholesterol.

Make an appointment with your doctor for a thorough checkup and work together to help achieve your heart healthy goal. Remember to ask questions about your chances of developing heart disease and ways to lower your risk.

Source: U.S. Department of Health and Human Services

## A Change of Heart

### *Healthy lifestyle changes can prevent heart disease*

Are you at risk for heart disease? You could be, considering that heart disease is the leading killer of Americans today. Certain lifestyle factors play a major role in contributing to heart disease. That means you have the power to control many of the risk factors that can lead to this life-threatening condition. Change isn't always easy, but when you get support from health care providers, family and friends and helpful resources, you can introduce healthy habits into your daily routine.

### **Don't be a risk-taker**

If you have more than one risk factor for heart disease or stroke, start making smart lifestyle choices now to help reduce your risk. Begin with small changes, and as you adopt healthy, new habits, keep making more changes to work toward improving your health. The American Heart Association recommends the following lifestyle changes to increase your protection against heart disease:

- Have your blood cholesterol checked regularly. Take steps to lower it if it's high.
- Don't smoke. Smokers have more than twice the risk of heart attack as nonsmokers do. Even if you don't smoke, being exposed to tobacco smoke daily puts you at higher risk.
- Be physically active. Try to get at least 30 minutes of physical activity on most or all days of the week.
- Recognize and treat diabetes.

- Maintain a healthy weight. Take steps to lose weight if needed.
- Eat healthy foods low in saturated fat, cholesterol and sodium.
- Don't drink too much alcohol. It can increase your blood pressure.

### **Chewing the fat**

Learning the difference between good and bad fats is the first step in lowering your chance of developing heart disease. Unhealthy fats, which include saturated fat, trans-fatty acids and dietary cholesterol, raise LDL cholesterol and can increase your risk. Monounsaturated fats and polyunsaturated fats don't. Some studies suggest they might even help lower LDL cholesterol slightly when eaten as part of a low-saturated-fat diet. To control your risk of heart disease, make it a regular habit to eat foods low in saturated fat and cholesterol.

*Source: American Heart Association*





Protect your best investment



BlueCross BlueShield  
of Texas

## Protect Your Best Investment

Each day your heart – one of your most important assets – beats about 100,000 times and pumps about 2,000 gallons of life-giving blood throughout your body. Unfortunately, coronary heart disease is America's leading killer.

Here's what you can do to reduce your risk factors:

- ♥ Don't smoke or use other tobacco products
- ♥ Eat a varied diet rich in fruits, vegetables and low-fat foods
- ♥ Maintain a healthy weight
- ♥ Get at least 30 minutes of exercise, most days of the week
- ♥ Keep cholesterol levels in normal ranges
- ♥ Control your blood pressure

Isn't now a good time to take stock in your best asset? Learn more by logging on to Blue Access for Members at [www.bcbstx.com](http://www.bcbstx.com)

**Have you gained a little weight? Soon you'll have to buy a new wardrobe because your clothes no longer fit.**

**Goal:** Fit into your favorite khaki pants by St. Patrick's Day.

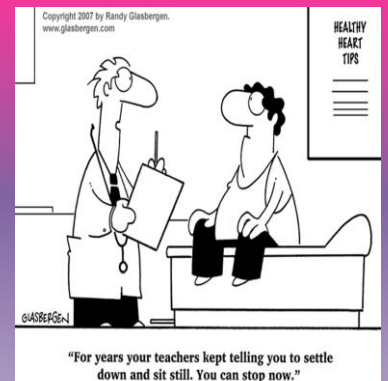
**What it takes:** Lose 10 pounds

**How to get there:**

For the next 1 ½ months:

- Get 30 minutes of physical activity at least five days a week.
- Trade sugary desserts for fruit.
- Limit yourself to two sodas a week; drink water instead.
- Don't eat out more than once a week.
- Keep your fridge stocked with fruits, veggies, and lean meats. Get rid of all junk food.





## February Health & Wellness Seminar: **Heart Health**

Date: 02/20/2014 - Thursday

Time: 2:30 p.m.

Location: Council Chambers

Speaker: To be Announced

## Health & Wellness Seminars

\*If you have a subject or topic that you would like more information on, feel free to make your request at 956-580-8630

### Fruitcake

- 2 cups assorted chopped dried fruit, such as cherries, currants, dates or figs
- ½ cup unsweetened applesauce
- ½ cup crushed pineapple
- Zest and juice of 1 medium orange
- Zest and juice of 1 lemon
- ½ cup apple juice
- 2 tablespoons real vanilla extract
- ½ cup apple juice
- 2 tablespoons real vanilla extract
- ¼ cup sugar
- ½ cup milled flax (flaxseed flour)
- ½ cup oat flour (can make by putting rolled oats in a food processor)
- 1 cup whole-wheat pastry flour
- ½ teaspoon baking soda
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- 1 egg
- ½ cup crushed or chopped walnuts

Directions: In a medium bowl, combine dried fruit zests and juices, and vanilla. Let soak for 15 to 20 minutes. In a large bowl, mix sugar, milled flax, oat flour, pastry flour, baking soda and baking powder. Pour fruit and liquid mixture into dry ingredients and stir to combine. Add egg and walnuts and stir to combine. Pour mixture into a loaf pan lined with parchment (backing paper and bake at 325 F for 1 hour, or until toothpick inserted in the center comes out clean. Let the fruitcake rest for 30 minutes before removing it from the pan.



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## Mission In Motion

*Our mission is to promote health awareness and to encourage healthy lifestyles.*