

City Of Mission's



Live Well, Work Well

February 2017 Welcome to this month's edition of *Live Well, Work Well*. In this issue, we will be focusing on the importance of Heart Health.

About Cardiac Arrest

Cardiac arrest is the abrupt loss of heart function in a person who may or may not have diagnosed heart disease. The time and mode of death are unexpected. It occurs instantly or shortly after symptoms appear. Each year, more than 350,000 emergency medical services assessed out-of-hospital cardiac arrests occur in the United States.

Is a heart attack the same as cardiac arrest?

No. The term "heart attack" is often mistakenly used to describe cardiac arrest. While a heart attack may cause cardiac arrest and sudden death, the terms don't mean the same thing. Heart attacks are caused by a blockage that stops blood flow to the heart. A heart attack refers to death of heart muscle tissue due to the loss of blood supply, not necessarily resulting in the death of the heart attack victim.

Cardiac arrest is caused when the heart's electrical system malfunctions. In cardiac arrest, death results when the heart suddenly stops working properly. This may be caused by abnormal, or irregular, heart rhythms (called arrhythmias).

A common arrhythmia in cardiac arrest is ventricular fibrillation. This is when the heart's lower chambers suddenly start beating chaotically and don't pump blood. Death occurs within minutes after the heart stops. Cardiac arrest may be reversed if CPR is performed and a defibrillator is used to shock the heart and restore a normal heart rhythm within a few minutes.



Source: American Heart Association

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Next Month's Issue:

Nutrition



Dietary fiber has heart health benefits, too



Beyond Bran..

We're all pretty familiar with how dietary fiber can keep our digestive system functioning like it should. What many people don't realize is that fiber also provides other health benefits, such as helping maintain a healthy heart.

Eating the recommended amounts of dietary fiber can help lower cholesterol and high blood pressure, and help prevent obesity, which are all risk factors in developing heart disease. Use these tips to increase your daily fiber intake:

- 🛒 Eat more fruits and vegetables—at least 2 cups of fruit and 2 cups of vegetables a day
- 🛒 Choose a variety of fiber sources such as berries, oatmeal, beans, whole grain bread and cereal
- 🛒 Serve meat entrees on a bed of grilled zucchini, sautéed spinach or sliced onions
- 🛒 Snack on air-popped popcorn, dry-roasted nuts and seeds



Source: American Dietetic Association

Don't Be A Heartbreaker

February is a time to celebrate love. It's also American Heart Disease Awareness Month, a good reminder that your heart needs love, too. One way to guard your heart is to maintain a healthy cholesterol level.

High LDL or 'bad' cholesterol is risky. Unfortunately, less than half of the 71 million U.S. adults with high LDL cholesterol seek treatment from their doctors. Your doctor can check your level each year through a fasting blood test.

You can be kind to your heart with these lifestyle steps:

- 🛒 Eat a heart-healthy diet low in trans fatty acids and cholesterol.
- 🛒 Stay at a healthy weight.
- 🛒 Get 150 minutes of moderate exercise weekly.
- 🛒 Avoid using tobacco or being around tobacco smoke.
- 🛒 Seek treatment if diet and exercise aren't enough.
- 🛒 If you have high LDL cholesterol, treat it and make lifestyle changes. Then you won't skip a beat when it comes to heart health.

Did you know that race and gender also can raise your chance of getting high cholesterol? Speak to your doctor to learn more. Ask about your risk factors and a screening schedule that's right for you.

Source: Centers for Disease Control and Prevention; The American Heart Association



Question & Answer



Is physical activity safe for people with heart problems?

Answer: For most heart patients, physical activity is not only safe; it's part of the treatment! Be sure to talk with your doctor before you start your physical activity program and follow the doctor's advice. The doctor may want you to have an exercise stress test to help determine a safe level of activity for you.

How can I include more physical activity in my life?

Answer: You can add physical activity to your daily life in many ways: If you have a desk job, use your coffee breaks to take five-to-10 minute walks. In parking lots, park your car as far away as you can. Use a pedometer to count how many steps you take each day. Each week aim to increase your daily step count by 1,000 steps until you reach 10,000 steps a day. Walk a flight of stairs 10 times a day.

Can people with heart disease lift weights?

Answer: Yes, most people with heart disease can lift weights. But if you had surgery, it's important for you not to push, pull, twist or lift more than five pounds for up to six weeks after your procedure. You can start with weights weighing about one pound and work up to heavier weights as you get stronger.

Puzzle



**Congratulations to
last month's winner:
Christine Liesman
Utility Billing**

			2				6	3
3					5	4		1
		1			3	9	8	
							9	
				5	3	8		
	3							
	2	6	3			5		
5		3	7					8
4	7				1			

Let's Get Moving! Move Of the Month:

Fabulous February Ab Challenge

Each day this month challenge yourself to a small set of exercises that will strengthen your core and abs.



fABulous February Ab Challenge!



SUN	MON	TUE	WED	THU	FRI	SAT
						1 25 crunches 10 push ups 10 s plank
2 25 crunches 15 push ups 15 s plank	3 25 crunches 15 push ups 20 s plank	4 25 crunches 12 push ups 20 s plank	5 Rest Day	6 30 crunches 15 push ups 20 s plank 15 bicycles	7 35 crunches 20 push ups 25 s plank 20 bicycles	8 40 crunches 20 push ups 25 s plank 20 bicycles
9 45 crunches 18 push ups 30 s plank 15 bicycles	10 Rest Day	11 50 crunches 20 push ups 35 s plank 20 bicycles 15 s bridge	12 50 crunches 25 push ups 35 s plank 25 bicycles 15 s bridge	13 50 crunches 25 push ups 35 s plank 25 bicycles 30 s bridge	14 50 crunches 22 push ups 40 s plank 20 bicycles 30 s bridge	15 Rest Day
16 55 crunches 25 push ups 40 s plank 25 bicycles 45 s bridge	17 60 crunches 30 push ups 40 s plank 30 bicycles 45 s bridge	18 65 crunches 30 push ups 45 s plank 30 bicycles 1 min bridge	19 70 crunches 28 push ups 50 s plank 25 bicycles 1 min bridge	20 Rest Day	21 75crunches 30 push ups 55 s plank 30 bicycles 1min15s bridge 25 mtn climber	22 75crunches 35 push ups 55 s plank 35 bicycles 1min15s bridge 50 mtn climber
23 75 crunches 35 push ups 1 min plank 35 bicycles 1min30s bridge 50 mtn climber	24 75crunches 32 push ups 1 min plank 30 bicycles 1min30s bridge 75 mtn climber	25 Rest Day	26 80 crunches 35 push ups 1min30s plank 40 bicycles 1min45s bridge 75 mtn climber	27 80 crunches 40 push ups 1min45s plank 50 bicycles 2 min bridge 100 mtn climber	28 100crunches 45 push ups 2 min plank 50 bicycles 2min30s bridge 125 mtn climber	

**Complete the puzzle and turn it in to Human Resources
by February 10, 2017 by 12:00 p.m. to be entered into a
raffle for a \$10 gift card!**

About High Blood Pressure

High blood pressure (HBP or hypertension) is when your blood pressure, the force of the blood flowing through your blood vessels, is consistently too high.

If you have high blood pressure, you are not alone:

- 🍷 About 80 million Americans—one out of every three adults over age 20—have high blood pressure. (Nearly 20 percent don't even know they have it.)
- 🍷 The best way to know if you have high blood pressure is to have your blood pressure checked regularly

Know your Numbers:

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

High blood pressure is a silent killer.

- 🍷 Most of the time there are no obvious symptoms.
- 🍷 Certain physical traits and lifestyle choices can put you at a greater risk for developing high blood pressure.
- 🍷 When left untreated the damage that high blood pressure does to your circulatory system is a significant contributing factor to heart attack, stroke and other health threats.

While there is no cure for high blood pressure, with proper treatment and management, you can live a long and healthy life. An ounce of prevention is worth a pound of cure.

Source: American Heart Association

Why Cholesterol Matters

High cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke.

As your blood cholesterol rises, so does your risk of coronary heart disease. If you have other risk factors such as smoking, high blood pressure or diabetes, this risk increases even further. The greater the level of each risk factor, the more that factor affects your overall risk. Your cholesterol level can be affected by your age, gender, family health history and diet.

When too much LDL (bad) cholesterol circulates in the blood, it can slowly build up in the inner walls of the arteries that feed the heart and brain. Together with other substances, cholesterol can form a thick, hard deposit called plaque that can narrow the arteries and make them less flexible. This condition is known as atherosclerosis. If a clot forms and block a narrowed artery, a heart attack or stroke can result.



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 risks.

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

Healthy Recipe

Easy Baked Apples With Walnuts & Raisins

Nothing says fall quite like the warm, spiced dessert of baked apples. Packed with fiber, particularly pectin fiber, apples help gut bacteria produce compounds to protect colon cells. Sprinkled with walnuts and raisins, this recipe also contains beneficial omega-3 fat and cancer-protective flavonoids and phenolic acids. Enjoy for dessert or top with yogurt and granola for a sweet, nutritious breakfast.

Makes 6 Servings

Per serving: 151 calories, 3.5 g total fat (<1 g saturated fat), 31 g carbohydrate, 2 g protein, 4 g dietary fiber, 5 mg sodium



Ingredients:

- 🛒 Canola oil cooking spray
- 🛒 3 large Granny Smith apples
- 🛒 3 Tbsp whole-wheat flour
- 🛒 3 Tbsp brown sugar
- 🛒 ¾ tsp ground cinnamon
- 🛒 ¼ - ½ tsp ground nutmeg
- 🛒 1/3 cup coarsely chopped walnuts
- 🛒 ¼ cup raisins
- 🛒 1/3 cup apple cider

Directions:

1. Preheat oven to 350 degrees F. Spray oven-proof glass pie dish.
2. Cut apples in half from top to bottom, core and peel. Lay halves flat and cut into medium slices. Place apple slices in a large bowl.
3. In a medium bowl, mix together flour, sugar, cinnamon and nutmeg. Sprinkle mixture on apples and gently stir until apples are evenly coated with spices. Gently fold in walnuts and raisins.
4. Spoon apple mixture into prepared pie dish. Drizzle cider evenly over top.
5. Bake 50-55 minutes or until apples are tender. Remove from oven and cool 5 minutes. Using spatula, carefully turn over apple mixture to get caramelized sauce from bottom of the dish. Serve hot or let cool to room temperature, refrigerate and serve cold later.

Last Month's Events



January Birthday Celebration!

January's Birthday Game Winner!



Save the Date!

Health & Wellness Seminar – February 23, 2017