

# February 2019 Healthy Heart



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*Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of taking care of your heart.*

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## Don't Risk a Stroke

One of the best ways to prevent a stroke is to live a lifestyle that keeps your heart and brain healthy. A stroke happens when blood flow to the brain is disturbed. Here are a few facts to keep in mind when talking to your doctor about your risk for stroke.

Someone in the U.S. has a stroke about once every 40 seconds. The good news is 80 percent of strokes are preventable. There are things you can do to lower your chances of having a stroke:

- Lower your blood pressure.
- Don't smoke and quit if you do.
- Control blood sugar.
- Eat a heart healthy diet.
- Get more exercise and be active.
- Lose a few pounds if you are overweight.
- Lower high blood cholesterol.

There's no time like the present to give yourself the gift of a healthy lifestyle.

Talk to your doctor today about changes you can make to help prevent a stroke. Be sure to write down a few questions for the doctor or nurse about the kind of changes you are considering.

*Source: American Heart Association*



## Heart Disease

The steady beat of a healthy heart. It's a sign of good health we often take for granted. But keeping it pumping 24/7 for a lifetime doesn't happen automatically.

Heart disease is the number one cause of death in the U.S. each year. The main cause? Plaque that builds up in your arteries, narrowing them and reducing blood flow to the heart.

Smoking, an unhealthy diet and not getting enough exercise promote the production of plaque. Having high cholesterol, high blood pressure or diabetes also increase the risk.

February is American Heart Month. It's a great time to take stock of your heart health. A healthy heart – what better Valentine to give those you love?

**On average, someone in the U.S. dies from stroke every four minutes. Immediate care can make all the difference. Act if you see these symptoms: face drooping on one side, one arm that is weak or numb, slurred speech, or an inability to speak clearly. Call 9-1-1 even if the symptoms go away.**

*Sources: Centers for Disease Control and American Heart Association*



**The cardiovascular system consists of the heart and the blood vessels it depends on.**

## How Your Heart Works

Your heart is a large muscle about the size of your fist. The adult heart beats about 60 to 100 times a minute and pumps about 2,000 gallons of blood daily through the body. The coronary arteries are blood vessels that supply the heart with oxygen-rich blood it needs.

### What can Go Wrong?

Coronary artery disease is the most common type of heart disease in the United States. In this condition, plaque builds up inside the coronary arteries, causing angina or a heart attack. Angina is chest pain that occurs when not enough oxygen-rich blood flows to an area of the heart muscle. A heart attack occurs when blood flow to an area of the heart muscle is completely blocked. Over time, coronary artery disease can also lead to congestive heart failure (CHF) and arrhythmias. CHF is a condition in which the weakened heart muscle can't pump enough blood throughout the body. Arrhythmias are irregular heartbeats.

*Source: Positive Promotions, Inc.*

## EXERCISE FOR A HEALTHY HEART



More and more studies show the importance of exercising regularly to keep your heart healthy. Aerobic exercise (such as brisk walking, swimming, bicycling, and stair climbing) is especially helpful in strengthening your heart and lungs, improving cholesterol levels, and helping you reach and maintain a healthy weight.

The American Heart Association recommends all healthy adults get at least 2 hours and 30 minutes of moderate aerobic activity or 1 hour and 15 minutes of vigorous exercise each week. Note that the aerobic activity should be in addition to routine activities of daily living, such as going grocery shopping.

Adults also benefit from strength-training activities at least two days a week to maintain or increase muscular strength and endurance. This includes using hand weights and doing situps and pushups.

Choose physical activities you enjoy so that they become a healthy habit you want to continue. Here are some tips to get you started and keep you going.

- If you haven't been physically active for a while, take it slow and build up to more activity.
- Find ways to add more physical activities to your daily routine, such as walking during your lunch break or using the stairs instead of the elevator.
- Consider taking a fitness class, joining a gym or walking club. Group support can be a great motivator.
- Change your exercise plan if it becomes boring.
- Check online for exercise programs or record exercise shows on TV to play at your convenience.



## MAKE EXERCISE FUN...AND FREQUENT

### Always Warm Up and Cool Down

Include a 5-minute warm-up period before your more vigorous workout and a 5-minute cool-down after it. Both call for you to do your exercise in "slow motion". Warming up prepares your heart and lungs to work harder. Cooling down allows your heart to gradually slow down. After warming up and cooling down you can add stretches to your workout for flexibility.

## Tips for Heart-Smart Eating

For the sake of your heart, eat foods low in saturated fat, trans fats, and cholesterol, and high in fiber. It is also heart-wise to keep your intake of salt and other forms of sodium low and to avoid added sugar.

- For each meal, fill half your plate with fruits and vegetables. Eat a rainbow of colors each week to benefit from many different nutrients.
- Make at least half your grains fiber-rich whole grains. These include whole grain breads, pastas, and cereals, as well as brown rice.
- Read nutrition facts labels on foods to make healthy choices. Try to avoid trans fats completely.
- Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean, and sunflower oils. Avoid tropical oils and solid fats.
- When choosing dairy, select fat-free or low-fat.
- Make your protein lean. Good sources include lean meat, skinless poultry, and fish. Cooked, dry beans (such as pinto and navy) or lentils are low-fat, no-cholesterol alternatives for meats.
- Eat oily fish, such as salmon, trout, or mackerel-your best source for heart-healthy omega-3 fatty acids-at least twice weekly. Other sources include walnuts, almonds, macadamia nuts, flaxseeds, and soybeans.
- Reduce salt and sodium by seasoning foods with herbs and spices. Also limit processed foods, which usually contain high amounts of sodium.
- Limit added sugar by checking ingredients lists for its "hidden" forms, such as molasses, corn syrup, fructose, dextrose, and maltose.
- Watch portion sizes. Don't overeat. Moderation is a must.

Eating foods low in cholesterol, saturated fat, and trans fats is important so you don't raise your risk of heart disease. Certain foods contain nutrients that actually reduce your risk. Many of them offer other benefits, such as:

- boosting your immune system
- providing protection against cancer
- controlling blood sugar levels
- preventing free radicals from harming your body.

Source: Positive Promotions, Inc.



## 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.

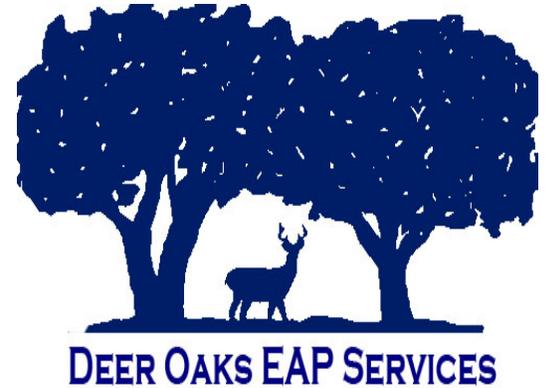
Make an appointment with your doctor for a thorough checkup and work together to help achieve your heart healthy goal. Remember to ask questions about your chances of developing heart disease and ways to lower your risk.

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



# Did You Know?

The Deer Oaks employee Assistance Program (EAP) is a free service provided for you and your dependents. This program offers a wide variety of counseling, referral, and consultation services, which are all designed to assist you and your family in resolving work/life issues in order to live happier, healthier, more balanced lives. These services are completely confidential and can be easily accessed by calling the toll free Helpline at 866-327-2400.



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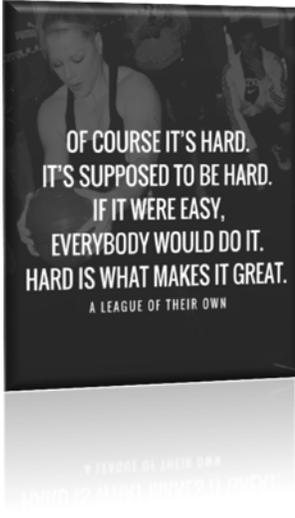
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# Let's Get Moving!

## Move of the Month



*Blogilates* **30 DAY SLEEK ARMS CHALLENGE** complete the # of reps of each exercise (total every day to sculpt your #1 arms by day 30!)

<b>1</b> 30 Arm Circles 30 Arm Raises 10 Single Chest Press Pulses	<b>2</b> 31 Arm Circles 31 Arm Raises 11 Single Chest Press Pulses	<b>3</b> 32 Arm Circles 32 Arm Raises 12 Single Chest Press Pulses	<b>4</b> 33 Arm Circles 33 Arm Raises 13 Single Chest Press Pulses	<b>5</b> 34 Arm Circles 34 Arm Raises 14 Single Chest Press Pulses	<b>6</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses
<b>7</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 5 Half Cobra Push Ups	<b>8</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 6 Half Cobra Push Ups	<b>9</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 7 Half Cobra Push Ups	<b>10</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 8 Half Cobra Push Ups	<b>11</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 9 Half Cobra Push Ups	<b>12</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 10 Half Cobra Push Ups
<b>13</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 11 Half Cobra Push Ups 5 Up Up Down Downs	<b>14</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 12 Half Cobra Push Ups 6 Up Up Down Downs	<b>15</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 13 Half Cobra Push Ups 7 Up Up Down Downs	<b>16</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 14 Half Cobra Push Ups 8 Up Up Down Downs	<b>17</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 15 Half Cobra Push Ups 9 Up Up Down Downs	<b>18</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 16 Half Cobra Push Ups 10 Up Up Down Downs
<b>19</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 17 Half Cobra Push Ups 11 Up Up Down Downs	<b>20</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 18 Half Cobra Push Ups 12 Up Up Down Downs	<b>21</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 19 Half Cobra Push Ups 13 Up Up Down Downs	<b>22</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 20 Half Cobra Push Ups 14 Up Up Down Downs	<b>23</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 21 Half Cobra Push Ups 15 Up Up Down Downs	<b>24</b> 35 Arm Circles 35 Arm Raises 15 Single Chest Press Pulses 22 Half Cobra Push Ups 16 Up Up Down Downs
<b>25</b> 37 Arm Circles 37 Arm Raises 17 Single Chest Press Pulses 23 Half Cobra Push Ups 17 Up Up Down Downs	<b>26</b> 38 Arm Circles 38 Arm Raises 18 Single Chest Press Pulses 24 Half Cobra Push Ups 18 Up Up Down Downs	<b>27</b> 39 Arm Circles 39 Arm Raises 19 Single Chest Press Pulses 25 Half Cobra Push Ups 19 Up Up Down Downs	<b>28</b> 40 Arm Circles 40 Arm Raises 20 Single Chest Press Pulses 26 Half Cobra Push Ups 20 Up Up Down Downs	<b>29</b> 41 Arm Circles 41 Arm Raises 21 Single Chest Press Pulses 27 Half Cobra Push Ups 21 Up Up Down Downs	<b>30</b> 42 Arm Circles 42 Arm Raises 22 Single Chest Press Pulses 28 Half Cobra Push Ups 22 Up Up Down Downs

*Blogilates* BLOGILATES.COM #30daysleekarms

## Last Month's Events:

### Health and Wellness Seminar "Annual Checkups"



## Upcoming Events:

### Health and Wellness Seminar

Topic: "Healthy Heart"  
Date: Thursday, February 14, 2019  
Time: 12:00 p.m. (Lunch provided)  
Location: City Hall Community Room

