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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 a Healthy Heart.

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.

How Does Your Heart Rate?

Find out by assessing your lifestyle

Healthy lifestyles play a big part in reducing your risk of heart disease. Ask yourself these questions to evaluate your lifestyle:

- Do I smoke, and if so, how do I stop?
- What eating habits do I need to change?
- Am I including physical activity in my daily routine?
- How can I be more relaxed?
- Do I need medication to reduce my heart attack risk?

With the right answers, a healthier lifestyle is only a heartbeat away.



Source: American Heart Association

Know the Signs

Every four minutes, someone in the U.S. dies from a stroke. Watch for these signs:

- Numbness (chiefly on one side of the body)
- Trouble seeing
- A bad headache
- Confusion
- Trouble walking or speaking



Source: Blue Cross Blue Shield of Texas

Healthy Heart



Give Your Heart A Workout

Get physical to lower your risk of heart disease. Heart disease is a killer. In fact, it is the number one killer of Americans. And physical inactivity is one of several risk factors leading to heart disease. So let's get moving. Here are five tips to get you started:

- Guess what, you don't have to spend hours a day at the gym. Target two and a half hours of moderate aerobic activity each week - at least 10 minutes at a time.
- No excuses! Get active throughout the day by taking walks at work and just by doing things you like - biking, dancing, gardening or any other activity you enjoy.

- A complete program. Include an aerobic activity - walking, jogging or biking - to get your heart rate up; resistance training like pushups to firm, strengthen and tone muscles; and flexibility exercises to stretch and lengthen muscles.
- It's all about your style. Choose whatever works for you. Exercise alone or in a group - indoors or out.
- Get active; stay active. If you get bored, find something else you like. Set goals and plan ahead by scheduling activities into your day.

Following these tips may reduce your risk of developing heart disease. You'll also feel energized, reduce stress and build confidence.

Source: National Institutes of Health

Catch The Benefits Of Fish

When it comes to safeguarding your heart health, 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 sources for omega-3 fatty acids include:

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

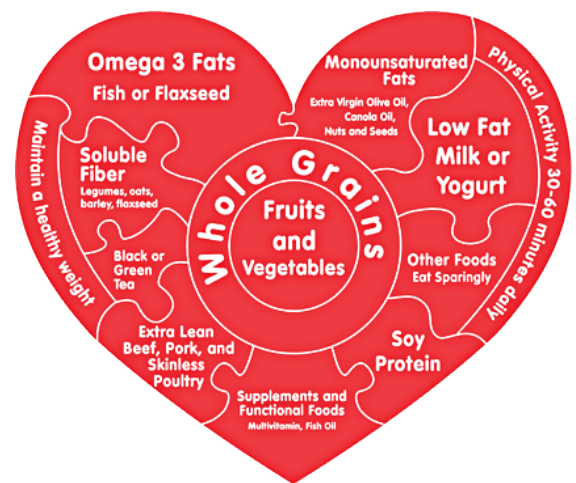
Seafood is a
great source of
omega-3 fatty
acids

Sources: American Heart Association

Heart-Healthy Diet: Eight Steps to Prevent Heart Disease

Although you might know that eating certain foods can increase your heart disease risk, it's often tough to change your eating habits. Whether you have years of unhealthy eating under your belt or you simply want to fine-tune your diet, here are eight heart-healthy diet tips. Once you know which foods to eat more of and which foods to limit, you'll be on your way toward a heart-healthy diet.

- Control your portion size
- Eat more vegetables and fruits
- Select whole grains
- Limit unhealthy fats
- Choose low-fat protein sources
- Reduce the sodium in your food
- Plan ahead, create daily menus
- Allow yourself an occasional treat



Did You Know?

WHEN TO VISIT URGENT CARE

Go here for an injury or illness that requires immediate care but is **not life-threatening.**

- Cold or flu symptoms
- Wounds needing stitches
- Sprains and strains
- Broken bones
- Sore throat
- Ear infections
- Stomach flu/virus
- Allergic reactions
- Rash and skin irritations
- Minor burns
- Diagnostic testing
- X-ray imaging

WHEN TO VISIT THE EMERGENCY ROOM

Go here for a condition that is **life-threatening.**

- Chest pain or pressure
- Serious head, neck, or back injury
- Severe broken bones
- Severe bleeding
- Poisoning
- Difficulty breathing
- Burns
- Sudden dizziness
- Sudden trouble seeing
- Severe abdominal pain
- Passing out, fainting

Let's Get Moving!

Move of the Month

This
month's
diet is
next
month's
body

www.songscale.com

HEART-HEALTHY WORKOUT.

keep your heart pumping + do each exercise for 1 minute!



1 speed skaters	8 push-ups
2 squat pulses	9 russian twists
3 plank alternating shoulder taps	10 tricep dips
4 bicycle crunches	11 supermans
5 squat jumps	12 hip bridges
6 scissor crunches	13 side planks (switch sides @ 30 sec)
7 jumping lunges	14 burpees

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Last Month's Events:

Door Prize Winners:

January 23, 2020

Melba D. Garza - City of Mission Umbrella

January 29, 2020

Juan Ozuna - City of Mission Mug



Upcoming Events:

Thursday, February 6, 2020

DHR Lunch & Learn

Time: 12:00PM – 1:00PM

Location: City Council Chambers

Tuesday, February 11, 2020

Blue Cross Blue Shield Service Day

Thursday, February 13, 2020

Airrosti Lunch & Learn

Time: 12:00PM – 1:00PM

Location: CEED Building Room #117