



LIVE WELL, WORK WELL

FEBRUARY 2022

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.



Heart Health Tips

You might not give it much thought throughout the day, but your heart is working around the clock for you. Your heart is the most important muscle in your body because it pumps blood and oxygen to all of your organs.

When your heart doesn't get the care it needs, serious problems can develop in the lining of the arteries, which then lead to plaque formation. Plaque is what leads to heart attacks and blockage of blood flow in the arteries. Understand the conditions that affect your heart and the habits that can help prevent or manage them. Taking action will help you keep your ticker in top shape.

Source: <https://www.webmd.com/heart/heart-health-tips>



Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631
www.missiontexas.us

The American Heart Association Diet and Lifestyle Recommendations

A healthy diet and lifestyle are the keys to preventing and managing cardiovascular disease. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. Make the simple steps below part of your life for long-term benefits to your health and your heart.

Use up at least as many calories as you take in.

- Start by knowing how many calories you should be eating and drinking to maintain your weight. Nutrition and calorie information on food labels is typically based on a 2,000 calorie per day diet. You may need fewer or more calories depending on several factors including age, gender, and level of physical activity.
- Increase the amount and intensity of your physical activity to burn more calories.
- Aim for at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity (or an equal combination of both) each week.

Regular physical activity can help you maintain your weight, keep off weight that you lose and reach physical and cardiovascular fitness. If it's hard to schedule regular exercise, look for ways to build short bursts of activity into your daily routine such as parking farther away and taking the stairs instead of the elevator. Ideally, your activity should be spread throughout the week.



Eat an overall healthy dietary pattern that emphasizes:

- a wide variety of fruits and vegetables
- whole grains and products made up mostly of whole grains
- healthy sources of protein (mostly plants such as legumes and nuts; fish and seafood; low-fat or nonfat dairy; and, if you eat meat and poultry, ensuring it is lean and unprocessed)
- liquid non-tropical vegetable oils
- minimally processed foods
- minimized intake of added sugars
- foods prepared with little or no salt
- limited or preferably no alcohol intake

Apply this guidance wherever food is prepared or consumed.

It is possible to follow a heart-healthy dietary pattern regardless of whether food is prepared at home, ordered in a restaurant or online, or purchased as a prepared meal. Read the Nutrition Facts and ingredient list on packaged food labels to choose those with less sodium, added sugars and saturated fat. Look for the Heart-Check mark to find foods that have been certified by the American Heart Association as heart-healthy.

Live Tobacco Free

Don't smoke, vape or use tobacco or nicotine products — and avoid secondhand smoke or vapor.

Source: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>

In this month when hearts are the decoration everywhere for Valentine's Day, it is a good idea to think about your own heart.

After all, February is "American Heart Month," a designation sponsored by the American Heart Association. According to Healthfinder.gov, heart disease is the No. 1 cause of death for men and women in the United States. Heart disease is responsible for one of every four deaths – but there are steps you can take to prevent heart disease.



*Have a
Healthy
Heart!*



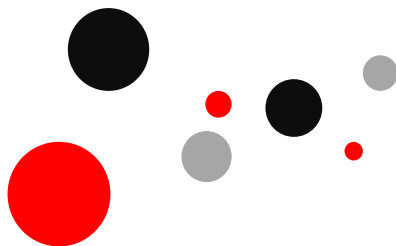
The big five:

1. **Blood pressure control:** Keep that top number less than 100 and the bottom number less than 80.
2. **Cholesterol control:** Keep the LDL (the bad one) less than 100 and the HDL (the good one) greater than 45.
3. **Blood sugar control:** A1C test measures an average of your blood sugar levels over a three-month period. You want that number to be less than 5.5.
4. **Tobacco control:** Smoking is linked to many heart ailments. Just stay away from it or do everything in your power to quit.
5. **Fitness control:** You have to be active – walk, run, do yoga, bike, dance, swim – ANY physical activity will be a benefit to your heart.

If you are not sure about your numbers, that is a good reason to find out. Make an appointment with your provider for a check-up to learn about your current health and ask about recommendations to improve your heart health.

Once you learn about heart health, we hope you will spread the word to your family, friends and everyone you love. Join us in providing encouragement to quit smoking, manage high blood pressure, add exercise to every day's routine and make healthy food choices.

Source: <https://swopehealth.org/have-a-healthy-heart/>



Heart-Healthy Diet Plan: Best Food Choices to Boost Your Cardiovascular Health

A healthy diet can keep your waistline slim and boost your overall health, including your heart. Eating certain foods every day can reduce the risk of the number one killer in the U.S. — heart disease. In the infographic, "To Your Health: Eating Smart For Your Heart!" Tulane Medical Center in New Orleans explains what foods to choose and which ones to limit, to protect your heart health.

Sugary drinks, like soda, should be limited or avoided, since they're linked to a higher risk of heart disease. Previous research found a single sugary drink every day led to a 20 percent higher heart disease risk, compared to men who do not consume any kind of sugary drinks. The study, consisting of over 42,800 men aged 40 to 75 years old, showed the increased risk was still present, even after other risk factors such as alcohol use, physical inactivity, smoking, and a family history of heart disease were taken into account.

Fruits and vegetables are essential foods to boost heart health, but there are some that should be limited more than others. Fresh fruits and vegetables, such as kale or apples are considered heart healthy; eating vegetables with cream sauce, or frozen fruit with sugar added can be detrimental. Choosing to reduce sodium intake can also aid heart health, especially by using herbs and spices; eating reduced salty snacks; and choosing reduced-salt condiments. Condiments like table salt, and canned soups should be limited.

Salmon is considered an ideal food choice, because it contains omega-3 fatty acids, and is lean protein. The American Heart Association suggests eating salmon and other omega-3 rich foods twice a week to reap heart health and other benefits. They also note that people who eat fish regularly are less likely to have cardiovascular disease.

Source: https://safebeat.org/cardiac/heart_health/heart-healthy_diet_plan_best_foods_choices_to_boost_your_cardiovascular_health

TO YOUR HEALTH! EATING SMART FOR YOUR HEART

QUICK FACTS ON HEART DISEASE

- Heart disease is the leading cause of death for U.S. adults.
- About 600,000 annual deaths from heart disease.
- That's 1 in every 4 deaths.
- Coronary heart disease is the most common form of heart disease.
- 385,000 people die every year from coronary heart disease.
- Coronary heart disease costs the U.S. \$108.9 billion every year.
- Someone has a heart attack every 34 seconds in the U.S.
- About 47% of sudden cardiac deaths occur outside a hospital.
- Only 27% of survey respondents in 2005 knew all major symptoms of a heart attack.
- Every minute, someone in the U.S. dies from an event related to heart disease.
- 26.5 million adults have been diagnosed with heart disease.

Lifestyle choices, including tobacco use, poor diet, and physical inactivity, increase the risk of heart disease.

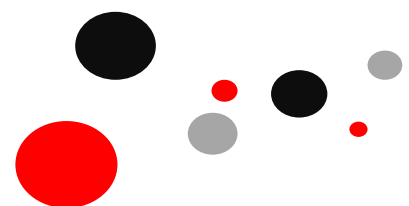
EATING HEART-HEALTHY

A healthy diet is one of your best defenses against heart disease. Make smart choices about what to eat and your heart will be happier for it!

WHEN YOU ARE EATING...	CHOOSE THESE	LIMIT THESE
FRUITS & VEGETABLES	<ul style="list-style-type: none"> Fresh fruits and vegetables Kale Citrus Apples Cabbage Broccoli 	<ul style="list-style-type: none"> Frozen fruit with sugar added Vegetables with cream sauce Fried vegetables Canned fruit in syrup
GRAINS	<ul style="list-style-type: none"> Whole grains Whole wheat bread High fiber cereal Quinoa Barley Oatmeal 	<ul style="list-style-type: none"> Refined white flour White bread Pastries Cookies Donuts Buttered popcorn
FATS	<ul style="list-style-type: none"> Monounsaturated and polyunsaturated fats Olive oil 	<ul style="list-style-type: none"> Saturated fats and trans fats Butter Margarine Lard Bacon fat Hydrogenated oils Non-dairy creamers
PROTEINS	<ul style="list-style-type: none"> Low-fat dairy Egg whites Salmon White meat—skinless poultry Beans Soybeans Lean ground meat Raw almonds 	<ul style="list-style-type: none"> Full-fat dairy products Egg yolks Liver Cold cuts Hot dogs Fatty meats Fried meats Nuts with oil added
SODIUM	<ul style="list-style-type: none"> Herbs and spices Reduced-salt snacks Reduced-salt condiments 	<ul style="list-style-type: none"> Table salt Canned soups Tomato juice Regular soy sauce

GOOD FOODS FOR YOUR HEART

	WHAT IT IS	WHY IT'S GOOD FOR YOUR HEART
	SALMON	<ul style="list-style-type: none"> Omega-3 fatty acids Lean protein
	GROUND FLAXSEED	<ul style="list-style-type: none"> Omega-3 fatty acids Fiber Phytoestrogens
	OATMEAL	<ul style="list-style-type: none"> Omega-3 fatty acids Soluble and insoluble fiber Magnesium Calcium Folate
	ALMONDS	<ul style="list-style-type: none"> Omega-3 fatty acids Vitamin E Fiber Monounsaturated and polyunsaturated fats
	BROCCOLI	<ul style="list-style-type: none"> Fiber Beta-carotene Vitamin C Vitamin E Folate Calcium
	BLUEBERRIES	<ul style="list-style-type: none"> Beta-carotene Lutein Fiber Magnesium Potassium Flavonoids Polyphenols





Did You Know?

YOUR EMPLOYEE ASSISTANCE

Free your mind— ease into health, energy and life

Breathe. Taking time to breathe can be an easy first step in your path to wellness. Stretching, exercise, and eating well—these all contribute to the health of your body, mind and spirit. We can help with information on these and other topics.

- Comprehensive library of articles, tips sheets and videos on health and wellness
- Relaxation, stretching, and exercise techniques
- Health assessment tools
- Referrals to fitness centers, meditation classes, weight control programs, and more
- Resource links to helpful medical, nutritional, and mental health sites



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.



TOLL-FREE: **866-327-2400**
E-MAIL: eap@deeroaks.com
WEBSITE: www.deeroakseap.com

Last Month's Events:

"Physical Fitness Seminar" "Physical Fitness"



Upcoming Events:

Walking Program

Tuesdays and Thursdays
4:30PM at your designated facility

Vaccine / Shingles 2nd Dose

Friday, February 4, 2022
By Appointment
Council Chambers

Valentine's Day Events

- 14 Days of Kindness Activities
February 1 - February 14, 2022
- Valentine's Kindness Grams
February 1 - February 14, 2022
- Bake-Off Competition
February 14, 2022
- How Sweet it is to Work for the City of Mission
February 1 - February 14, 2022
- Be sure to join us to try all the homemade goodies Monday, February 14 at 3:00PM in the Community Room

Health & Wellness Seminar

"Healthy Heart"

Thursday, February 17, 2022
2:30 p.m. – 3:30 p.m.
Via Zoom:

<https://us02web.zoom.us/j/9904662781?pwd=SGVIL3JZRFRVdRZlZlVUxFT1ZUQT09>

Let's Get Moving

28 Days Towards a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#ourhearts
we healthier together

Day 1
Sport red today for National Wear Red Day.



Day 2
Grab a friend and join the #OurHearts movement.

Day 3
Make a heart healthy snack for the Big Game.



Day 4
Squat it out. Do 1 minute of squats.



Day 5
Visit Smokefree.gov to take the first step in quitting smoking.



Day 6
Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7:
Schedule your annual physical.



Day 8
Calculate your body mass index (BMI).



Day 9
Walk an extra 15 minutes today.



Day 10
Aim for 30 minutes of physical activity today.



Day 11
Plan your menu for the week with heart healthy recipes.



Day 12
Share your favorite inspirational quote with *The Heart Truth*.



Day 13
Give the elevator a day off and take the stairs.



Day 14
Protect your sweetheart's heart: Plan a heart healthy date.



Day 15
Swap the sweets for a piece of fruit for dessert.



Day 16
Stress less. Practice mindful meditation for 10 minutes.

Day 17
Head to bed with enough time to get a full 8 hours of sleep.



Day 18
Add a stretch break to your calendar to increase your flexibility.



Day 19
Give Meatless Monday a try.



Day 20
Share a funny video or joke that makes you laugh.

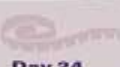
Day 21
Saturday Night Fever! Dance to your favorite song.



Day 22
Call a relative and ask about your family health history.



Day 23
March in place during commercial breaks to get your heart going.



Day 24
Take out a tape measure and find out the size of your waist.

Day 25
Phone a friend or neighbor and go for a walk.



Day 26
Fill half of your lunch and dinner plates with vegetables.



Day 27
See how many push-ups you can do in 1 minute.

Day 28
Pay it forward and tell a friend about *The Heart Truth*.

