

Health & Wellness Seminar

February
2016



Healthy
Heart

The Human Resources Department, in conjunction with Mission Regional Medical Center and other vendors, hosts health and wellness seminars each month. Employees receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing achapa@missiontexas.us

Our mission is to promote Health awareness and to encourage healthy lifestyles.

How Old is Your Heart?

You know how old you are, but how old is your heart? If you're like most Americans, your ticker has more years on it than you do, a new report finds.

Health experts calculate your heart age by tallying up your risk factors for heart attack, stroke and similar health problems. The resulting number expresses how many years of strain you've added to your cardiovascular system with habits such as smoking, eating unhealthy foods and being inactive.

Men Are Worse Off

When government researchers crunched the numbers for the whole country, they found:

- ♥ On average, Americans' hearts have aged seven years more than they should
- ♥ Men's average heart age was nearly eight years older than their actual age, while women's was almost five and a half years higher
- ♥ Half of men have a heart age five or more years older than their actual age
- ♥ Two in five women have hearts that have aged an extra half-decade

Turn Back the Clock

You can find out your heart age at <http://www.cdc.gov/vitalsigns/cardiovascular-disease/heartage.html>. You'll just need a few numbers, including your real age, the top number of your blood pressure, and your body mass index.

About three in four heart attacks or strokes can be blamed on factors that increase heart age, health experts say. But it's not too late to turn back the clock. Do it by:

- ♥ Giving up cigarettes, if you smoke
- ♥ Keeping blood pressure, cholesterol and diabetes under control
- ♥ Maintaining a healthy weight
- ♥ Eating a healthy diet rich in fresh fruit and vegetables
- ♥ Being physically active

Sources: *Centers for Disease Control and Prevention, CNN.com*



**Thursday, February 18, 2016
2:30 p.m. – 3:30 p.m.
Council Chambers
Presented by:
Brenda Perez, RN CSFA CNOR**

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