

COG/GUC

Wellness Newsletter

February 2018

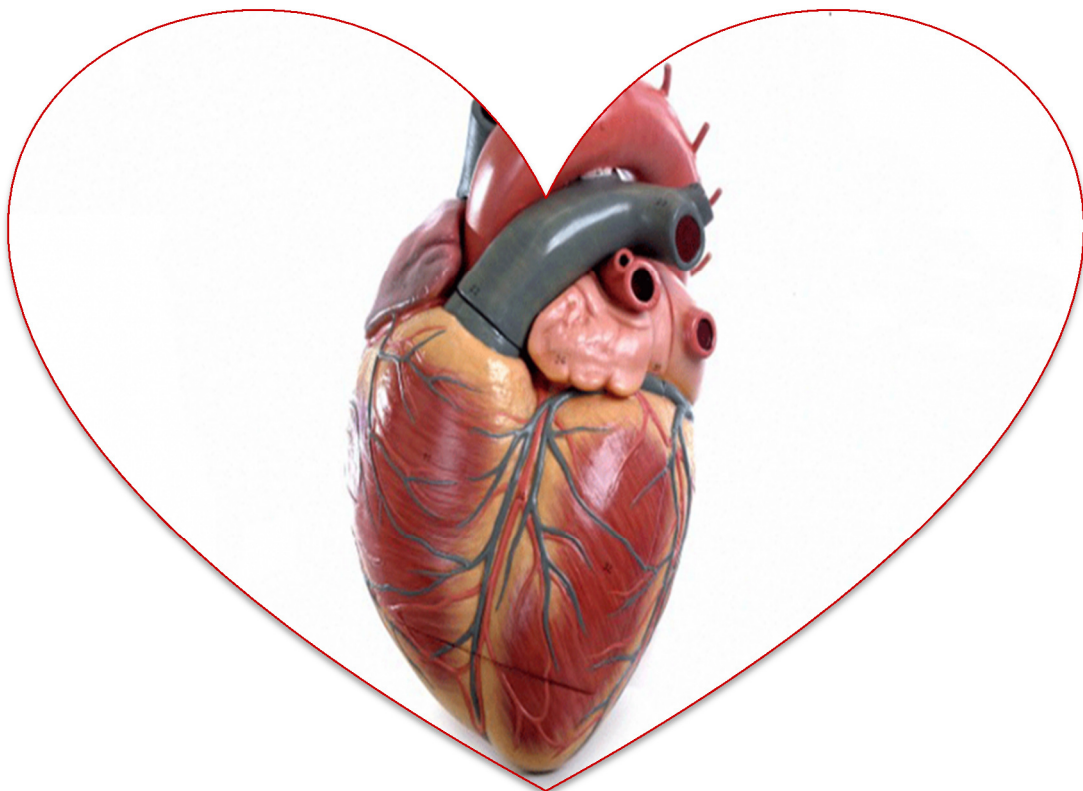


HEART MONTH
February

February is Heart Disease Awareness Month

It feels so sweet, to have a healthy heart beat!

The heart is one of the most important organs in the body. Having a strong and healthy heart is important to living a long quality filled life.



Key function of the heart!

- Serves as the key organ of the cardiovascular system.
- The heart assists in the movement of nutrients and hormones to cells throughout the body.
- Pumps blood that carries oxygen from the lungs to other organs.
- Also pumps blood that removes carbon dioxide from the body.



AN EVERYDAY HEALTH INFOGRAM

7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:



"To prevent a heart attack, take one aspirin every day. Take it out for a run, then take it to the gym, then take it for a bike ride..."



Live smoke-free.
If you smoke, quit.



Monitor your blood pressure.
Keep your numbers below 120/80 mm Hg.



Maintain a healthy weight.
Target a body mass index (BMI) of less than 25.



Watch your cholesterol.
Strive for a total cholesterol less than 200 mg/dL.



Control your blood sugar.
Aim for a fasting blood glucose less than 100 mg/dL.



Get active. Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).



Eat a heart-healthy diet. Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.

Need an idea for Valentine's Day Dinner?

Try Lemongrass Basil Shrimp Stir-Fry!



Ingredients

(All ingredients can be found at local Wal-Mart)

- Canola Oil, (divided),
 - 4 tablespoons
 - 480 Calories
- 1 Stir Fry Veggie Kit
 - 80 Calories
- Kosher Salt
 - 0 Calories
- Freshly Ground Black Pepper
 - 17 Calories
- Peeled/Deveined Shrimp
 - 1lb
 - 480 Calories
- Saffron Road Lemongrass Basil Simmer Sauce
 - 1 pouch
 - 110 Calories
- Fresh, chopped Basil
 - 1 Calorie
- Brown Rice
 - 150 Calories

Calories provided by MyFitnessPal

Recipe

1. Cook rice to package directions. Chop vegetables into smaller, bite-sized pieces.
2. Heat 2 tbsp. of oil in a large skillet over medium-high heat until it shimmers.
3. Add vegetables, season with salt and pepper, and sauté 5-7 minutes until softened.
4. Reduce heat to medium. Remove to plate and set aside.
5. In the same pan, add remaining 2 tbsp. oil until it shimmers.
6. Add shrimp, season with salt and pepper and cook on all sides until barely pink, for 2-3 minutes.
7. Reduce heat to medium and add sauce, stirring to combine.
8. Return vegetables to pan and stir to combine. Simmer until warmed through, for about 5 minutes.
9. Serve stir fry mixture over cooked rice with a sprinkling of chopped fresh basil.



February Wellness Spotlight

Alan Cummings-GUC



Before



After



Meet our Wellness Spotlight recipient of the month, Alan! He began his Wellness Journey at the beginning of 2017. The Wellness Program encouraged and motivated him to reach his fitness goals and gave him the opportunity to see that he was not the only person who struggles with their weight. The Wellness Program also helped him realize there are countless resources, along with people willing to help anyone who wants to adopt a healthier lifestyle.

Since the beginning of his journey, Alan has lost 38 pounds along with gaining a substantial amount of muscle. Alan says he feels better, looks better, and his clothes even fit him better. He has been able to save money by not eating fast food as often. Most importantly, Alan's health has also improved tremendously. He has noticed improvement with his cholesterol. Before the program, Alan experienced GI issues and would have to take antacids before or after eating. Since he began his journey, he no longer has any issues. Alan has committed himself to lifting weights every day during his lunch break. He also performs cardio 3 to 4 times a week at his home. This month, Alan and his wife will begin Shag and Ballroom Dancing lessons.

One of Alan's biggest obstacles was becoming more disciplined with the food he chooses to eat, along with his food cravings. He worked hard to break his love for certain foods and to overcome those. He also had to find time to exercise and engage in other activities because he and his wife have two small children.

We congratulate Alan on his success and wish him luck in the future!

Nearly 800,000 Americans die each year from heart disease and stroke. Most of the major risk factors can be managed or prevented.

Risk factors and solutions for managing them



High blood pressure – Make control your goal.



High cholesterol – Work with your doctor on a treatment plan to manage your cholesterol.



Diabetes – Work with your doctor on a treatment plan to manage your diabetes.



Tobacco use – If you don't smoke, don't start. If you do smoke get help to quit.



Unhealthy diet – Eat a healthy diet, low in sodium and trans fats and high in fresh fruits and vegetables.



Physical inactivity – The Surgeon General recommends adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.



Obesity – Work to maintain a healthy weight.

Heart Disease: The Basics

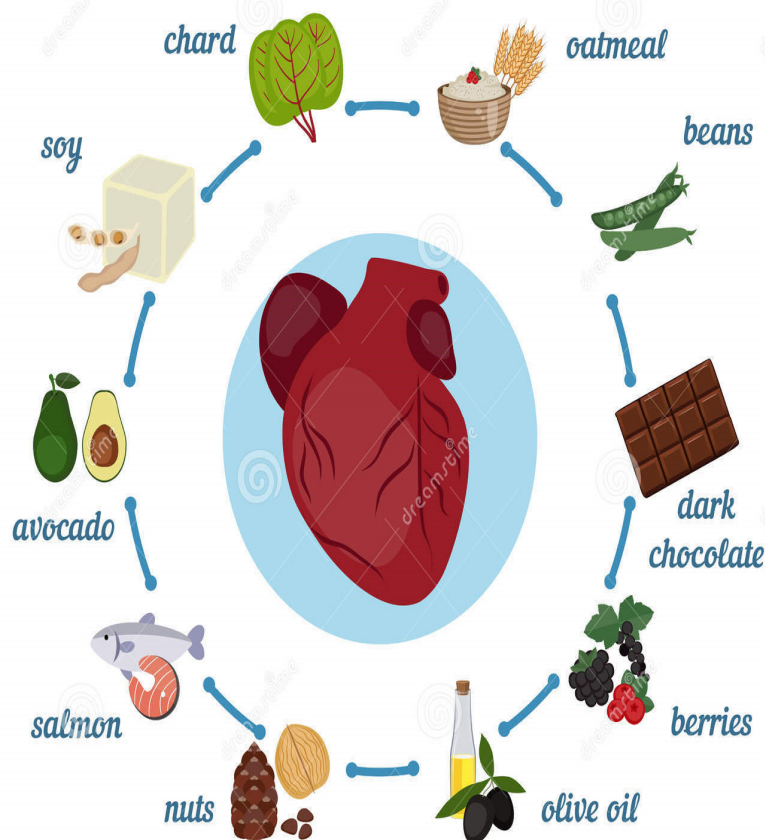
-Heart Disease is any condition or disorder that affects the heart and the blood vessels.

-Heart Disease remains the leading cause of death in the U.S. In 2017, 1 in 3 people or about 800,000 people die from Heart Disease in the U.S. each year.

-Common types of Heart Disease include: coronary artery disease, coronary heart disease, stroke, heart attack, and high blood pressure.

-The cause of Heart Disease is related to atherosclerosis, a process in which plaque builds in the walls of the arteries.

Foods for Heart Health



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