

CUGWell Connection

Your Monthly Newsletter

February 2019



Wear Red on
February 1st to raise
awareness for
Cardiovascular Health

Upcoming Events:

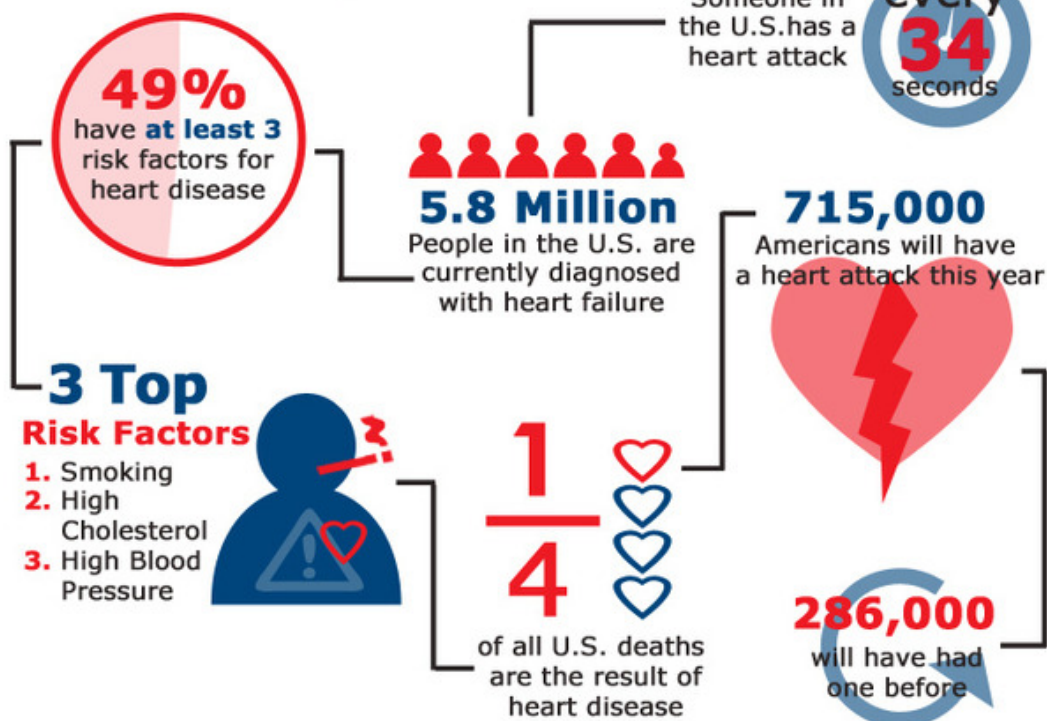
Jan 21-March 15
Fitness. Performance. Life.

Feb 1
Wear Red for
Heart Health Day

February 25
Deadline to Signup for
Couch 2 5k

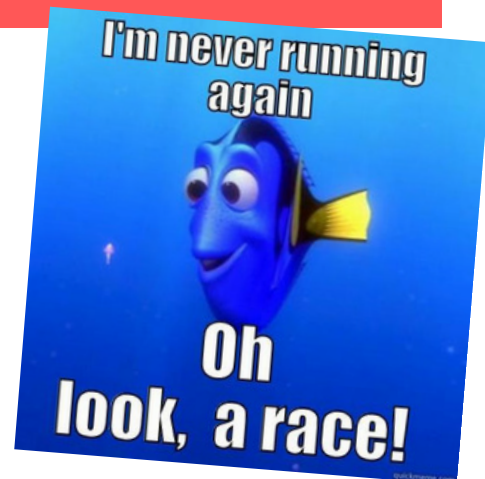
March 5- April 27
Couch 2 5k Program

Heart Health by the Numbers:





COUCH 2 5K EMPLOYEE INCENTIVE



Starting on March 5, the Couch 2 5K Employee Incentive will begin. There will be training sessions on Tuesdays & Thursdays at 6 pm in Boyd Lee Park by Fleet Feet Sports! The program will be finished out with the Eastern Run/Walk for Autism on April 27. The signup deadline is February 25! If you would like to participate or for more info, please contact Brett Roddy at broddy@greenvillenc.gov

Healthy Heart TIPS

GET ACTIVE

- Get at least 30 minutes of moderate physical activity 5x/week

MANAGE YOUR WEIGHT

- Being overweight can increase your risk of heart disease

LIMIT OR CUT OUT

- Salt, Saturated Fats, Alcohol, simple sugars and processed foods

EAT YOUR WAY TO A HEALTHY HEART

- Eat 5 portions of fruit and vegetables a day
- Eat fish twice a week (The Omega-3 fat help protect against heart disease)

MANAGE YOUR STRESS!

- Try practicing deep breathing to relax
- Take a 30 minute break from your desk to help you relax!

GET ENOUGH SLEEP

- 6-8 hours of sleep is recommended each night

OTHER TIPS:

- Give back – volunteer your time!
- Learn not to sweat the small stuff!

Sources: Heart and Stroke Populations, American Heart Association

HEART HEALTH Matters

1 in every 4 deaths in the U.S. are due to heart disease

1 PERSON DIES EVERY MINUTE from a heart disease-related event in the U.S.

HIGH RISK FACTORS

5 Leading Causes of Death in the U.S.

WAYS TO LOVE YOUR HEART

EAT A HEALTHY DIET

AVOID TOBACCO PRODUCTS

MAINTAIN A HEALTHY WEIGHT

LIMIT ALCOHOL CONSUMPTION

EXERCISE REGULARLY

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:



10 HEART-HEALTHY FOODS THAT YOU'LL WANT TO KEEP IN YOUR HOUSE.



WALNUTS

Helps cholesterol, blood pressure and inflammation.



SPINACH

Helps brain function and improves blood pressure.



SALMON

Omega-3 in salmon helps prevent heart disease.



KIDNEY BEANS

High in fiber and lowers cholesterol.



OATMEAL

Lowers the rise in blood sugar after meals.



BLUEBERRIES

Antioxidants/fiber helps prevent heart disease.



BROCCOLI

Can help lower cholesterol and help facilitate digestion.



CARROTS

Improves vision and helps prevent heart disease.



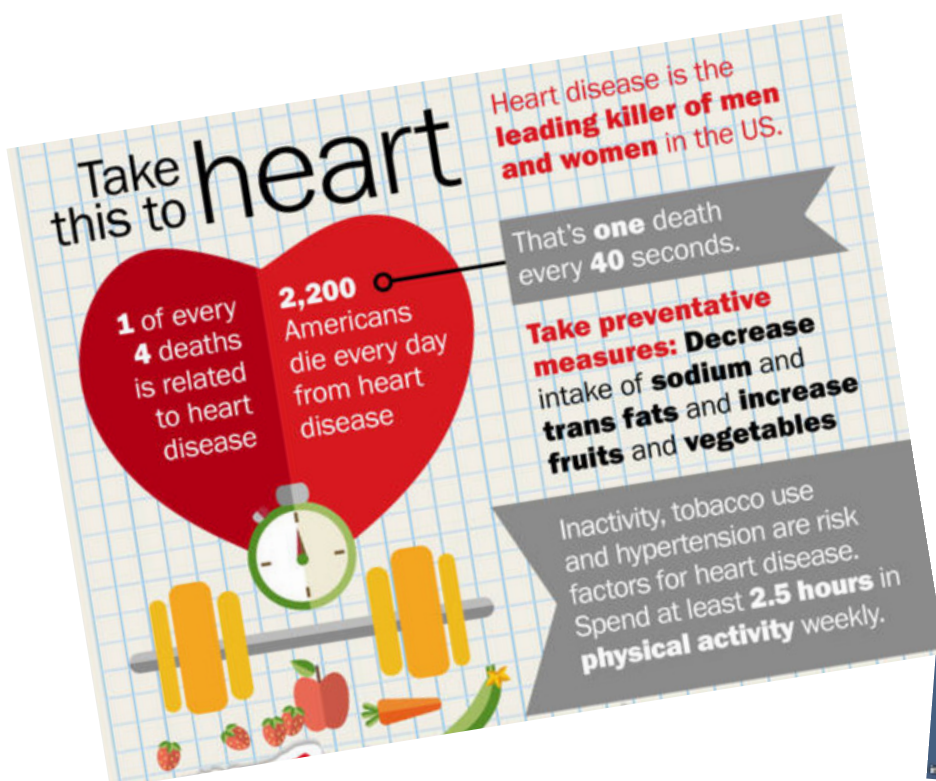
TUNA

Aids in the prevention of irregular heart rhythms.



FLAXSEED

Prevents hardening of the arteries.



WELLNESS IN ACTION



LUNCH & LEARN



Maintain, Don't Gain Drawing Winners



Freddie Martin



Dennis Vestal