



FEBRUARY
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Well NEWS

A Monthly Insight into Health and Wellness



American Heart Month

During the month of February, we celebrate Valentine's Day and the heart as a symbol of love. February is also American Heart Month and it is time to remember to show some love to yourself. Learn how to stay heart healthy for yourself and your loved ones.

Plan for Prevention

Try out these strategies for better heart health. You'll be surprised how many of them can become lifelong habits!

Work with your health care team. Get a checkup at least once each year, even if you feel healthy. A doctor, nurse, or other health care professional can check for conditions that put you at risk for Cardiovascular Disease (CVD), such as high blood pressure and diabetes.

Monitor your blood pressure. High blood pressure often has no symptoms, so be sure to have it checked on a regular basis.

Get your cholesterol checked. Your health care team should test your cholesterol levels at least once every 5 years. Talk with your health care professional about this simple blood test.

Eat a healthy diet. Choosing healthful meal and snack options can help you avoid CVD and its complications. Limiting sodium in your diet can lower your blood pressure. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least five servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber.

Maintain a healthy weight. Being overweight or obese can increase your risk for CVD. To determine whether your weight is in a healthy range, health care professionals often calculate a number called body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's body fat.

Exercise regularly. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity activity for at least 150 minutes per week. Remember to incorporate exercise into your day in different ways: take the stairs instead of the elevator, or rake the yard instead of using the leaf blower. Exercising with friends and family can be a great way to stay healthy and have fun.

Don't smoke. Cigarette smoking greatly increases your risk for CVD. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your health care team can suggest ways to help you quit.

Limit alcohol use. Avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one.

Manage your diabetes. If you have diabetes, monitor your blood sugar levels closely, and talk with your health care team about treatment options.

Take your medicine. If you're taking medication to treat high blood pressure, high cholesterol, diabetes, or another condition, follow the instructions carefully. Always ask questions if you don't understand something. If you have side effects, talk with your health care team about your options.

Together, we all can prevent and manage heart disease, one step at a time.



100 Calorie Portion of Valentine's Day Candy

Ever wonder how much of that Valentine's Day Candy you can eat for 100 Calories? Use this guide to indulge a little without falling off track.



7 Conversation Hearts



3 Dove Chocolate Hearts



4 Gummy Cinnamon Hearts



5 Hershey Kisses



1 Peep Heart

Recipe

OF THE MONTH

Warm Kale Salad

Ingredients:

- 2 tablespoons butter
- 1/4 cup diced onion
- 1 red pepper, diced
- 1 yellow pepper, diced
- 8 oz. baby portobello mushrooms, sliced
- 4 cups kale
- 1 teaspoon garlic, minced
- 1 tablespoon balsamic vinegar
- 1/4 cup asiago cheese
- salt and pepper to taste

Directions:

In a large skillet over medium heat, melt one tablespoon of butter. Add the onions and peppers; saute for several minutes until softened. Add the mushrooms and one tablespoon butter; saute for several minutes until browned.

Add the kale, garlic and balsamic vinegar. Saute until the kale is deep green but not yet wilted. Remove from the heat and serve topped with Asiago or Parmesan cheese. Season with salt and pepper to taste.

Nutrition Information Per Serving (about 1/2 of recipe): 312 Calories, 15g Fat, 13g Protein, 33g Carbohydrates, 9g Fiber, 300mg Sodium.



Newsletter Quiz

1. Which Valentine's Day candy is worth 100 calories to you?
2. List 3 strategies that you either have in place or could implement to improve your heart health.



To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by February 28, 2015.

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