



Heart WELLNESS

A Healthy Heart is a Happy Heart



Take charge of your **health** to put yourself on the path to **wellness**. **Health and wellness** means living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

Our **LiveWELL** Heart Wellness newsletter is full of encouraging ways to promote healthy living and help you build a strong heart.

www.WellnessAtoZ.org

LiveWELL

Prevent heart disease with these five simple tips

LiveWELL
February 2018



Heart disease results from both lifestyle choices and genetic factors. You can control your risk by following five simple tips:

- **GET ACTIVE:** Physical activity, even moderate amounts, has a significant positive impact on your overall health. Aerobic activity is especially good for strengthening your heart and reducing coronary heart disease risk factors. It is recommended that you get at least 30 minutes of moderate aerobic physical activity per day or 150 minutes per week. Combine that with one to three days of strength training and your entire body will be strong, healthy and happy.
- **STOP SMOKING:** Cigarette smokers have a higher risk of developing cardiovascular disease. Smoking damages your entire circulatory system, increasing your risk of blood clots and hardened arteries, which leads to heart attacks and stroke. Quitting, or never smoking also increases your lung capacity, making exercise easier on the body.
- **FIND YOUR HEALTHY WEIGHT:** A healthy weight is dependent on many factors and it is unique to each individual. If you are overweight, obese or making poor food choices, you are at an increased risk for developing health issues, including

high blood pressure, high cholesterol and diabetes. Conversely, people who are underweight are also at an increased risk for coronary heart disease. Ask your doctor what would be a healthy weight for you, and try to stay within that range for optimal health benefits.

- **EAT A HEALTHY DIET:** A heart-healthy diet focuses on including items rich in omega-3 fats, fiber, green leafy vegetables and lean cuts of meat. Try to remove added sugars and salts from your everyday diet. It is okay to indulge in celebratory meals and treats, but be conscious of your everyday eating habits and ask your doctor or registered dietitian how to eat for your specific health needs.
- **KNOW YOUR NUMBERS:** Genetics plays a huge role in how our bodies function. Simply because you have a family history of high blood pressure, high cholesterol or diabetes, does not mean you are stuck. Science is incredible, and the advances our society has made over the past few decades can allow you to live a life free of genetically predisposed metabolic diseases. Make sure you Know Your Numbers and check them annually.



Heart disease is the leading cause of death among both men and women in the United States, killing more people than all forms of cancer combined.

www.WellnessAtoZ.org

Know Your Numbers!

Blood Pressure: A normal healthy blood pressure is at or below 120/80 mm Hg.

Cholesterol: Total cholesterol less than 200 mg/dL is considered healthy. Individually, HDL (good cholesterol) above 55mg/dL is ideal.

BMI: A healthy BMI is 18.5 - 24.9.

Waist-to-Hip Ratio: 0.9 or less in men, 0.85 or less in women.

Blood Sugar: A fasting blood sugar less than 100mg/dL is considered healthy.



It's February and love is in the air! Grab that special someone and get your sweat on with a heart-pumping exercise. Partner workouts are a great way to increase socialization and positive emotions, stimulate the mind, and feel supported. Get your mat and your favorite person and let's get moving!

"ALONE WE CAN DO SO LITTLE, TOGETHER WE CAN DO SO MUCH"
– HELEN KELLER

www.WellnessAtoZ.org

- **Plank Shoulder Tap/Lateral Jump Squats (switch)** – Partner A gets into plank position, alternating tapping his/her shoulder with opposite hand. Partner B starts on either side of Partner A and jumps laterally over Partner B and comes down into a squat position. Continue jumping. Switch after 30 seconds.
- **Back Lunge with Chest Pass** – Partner A holds the medicine ball to start. Both partners face each other from a distance of 3 feet and move into a back lunge position. Upon pushing out of the lunge and back to standing, Partner A chest passes the medicine ball to Partner B. Complete 20 reps.
- **Partner Pistol Squats** - Stand facing each other, balancing on right leg with left leg extended low in front of body with foot flexed, holding on to a partner's right forearm. Bend right knee and sit back into hips, reaching left arm forward (continue holding on to partner's forearm for balance), lowering as far down into a squat position as possible without lifting right heel off the floor. Return to starting position. Complete 12 reps and switch legs.
- **Partner Row** - Partner A stands facing partner B with feet wider than hips, knees slightly bent, and back straight. Partner B sit on the floor with legs extended. Holding onto each other's forearms (partner A should use an underhand grip, Partner B overhand), Partner A brace abs in tight to spine and help lift Partner B into a reverse plank position. Partner A performs a row by bending elbows, squeezing shoulder blades back and together, pulling partner B in toward their body. Partner B maintain a straight line through the body, keeping abs tight. Switch after 60 seconds.
- **Partner Push up/Squat** - Partner A gets into a plank position with hands slightly wider than shoulders, while partner B stands behind with feet hip-width apart, lifting up partner A's legs by holding onto them just above the ankles. Partner A lower into a pushup as Partner B lowers into a squat. Switch after 30 seconds.



WorkWELL

What Does Wellness Mean to You?



What Does Wellness Mean To You?

To me, wellness means that there is a complete balance physically and mentally. You have to **keep your mind and your body active** so that this beautiful machine we have runs at its optimal performance

How long have you been at Phoenix Children's Hospital?

I have been with Phoenix Children's Hospital for 12 ½ years. I never considered a career in healthcare, and now I cannot think of a career anywhere else.

Do you have a wellness goal?

My goal is to **never stop trying new things**. Since I have been participating in the PCH Wellness program, I have tried to think out of the box. I love hiking, but never dreamed I would hike the Alta Trail. I never thought I would run a marathon, but I completed the PF Chang's [marathon] last January. My goals continue to change, but the one thing that doesn't is that I won't stop. I would say, that I would like to become more flexible and focused. I really want to commit to yoga and meditation practice. It is a struggle for me to clear my mind.

Which challenges do you face in achieving your goal?

I won't let challenges get in my way. I can always come up with an alternative. **If I can't hike a mountain, I can walk a path.** If I don't bend too well in yoga, I will bend as far as I can.

How has your workplace helped you in achieving your goal?

PCH offers many opportunities to achieve my goals, there are fun challenges for the 'most steps taken in a month', aromatherapy and mindfulness workshops. I am going to be working with the Wellness Team to bring yoga breaks to my building. PCH offers amazing opportunities to take care of their employees, both physically and mentally.



**Erin Hegedus, Manager
of Purchasing, Phoenix
Children's Hospital**

www.WellnessAtoZ.org



EatWELL

Heart-healthy omega-3's

LiveWELL
February 2018



Omega-3 fatty acids are a type of unsaturated fat that, when consumed, can decrease inflammation, triglyceride levels, blood pressure and blood clotting. These health factors will decrease your risk of heart disease and stroke. Omega-3's can be found in fatty fish such as salmon, lake trout, mackerel, tuna and sardines. It is recommended that you consume at least two servings (3.5 oz/ serving) of omega-3 rich fish per week. For added benefits, look for sustainable, fresh, wild-caught fish. Give the recipe below a try to give your heart a healthy boost!



AVOCADO SALSA VERDE SALMON *Makes 4 servings*

INGREDIENTS:

- 15 oz. prepared salsa verde
- 1/4 c. freshly chopped cilantro
- 2 tbsp. Chopped red onion
- 2 avocados, diced
- 4 salmon pieces (about 2 lb.)
- kosher salt
- Freshly ground black pepper
- 1 tbsp. extra-virgin olive oil
- 2 limes, cut in half

INSTRUCTIONS:

- In a small mixing bowl combine salsa verde, cilantro, red onion, and avocados. Mix together and set aside.
- Preheat a large cast-iron skillet over medium-high heat. Meanwhile, pat salmon dry and season with salt and pepper. Add oil to skillet; when oil is hot but not smoking add salmon skin-side down. Cook salmon 4 to 5 minutes per side. Repeat steps for remaining salmon.
- Serve salmon with a large spoonful of avocado salsa verde and a squeeze of lime.

WELLCommunity

Volunteering is good for your heart!

LiveWELL
February 2018



The act of volunteering has long been known to have “feel good” benefits, but now a study has proven that volunteering is actually good for the health of your heart! *Everyday Health* reported that Canadian researchers followed 106 high school volunteers for 10 weeks and discovered cholesterol, BMI and inflammation dropped after their volunteer services. This was in comparison to the students’ peers who did not volunteer. Find a local charity in your neighborhood and reap those health benefits today!

Experience “The Happiness Effect” – The odds of being “very happy” rose 16 percent in individuals who volunteer weekly, according to a study in Social Science and Medicine.

www.WellnessAtoZ.org



www.WellnessAtoZ.org
Greater Phoenix Chamber Foundation
201 N. Central Ave. 27th Floor, Phoenix, Arizona 85004