

Heart WELLNESS

Building a strong heart early-on

LiveWELL
February 2021



Take charge of your health and 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.

Heart health is vital to everyday life and almost every other aspect of health: nutritional, physical, and emotional. How these other health areas are managed will affect overall heart health. There is not a specific age to begin considering care for heart health because it affects all ages. We must learn early on how to take care of our heart.



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Heart health for any age group

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Prevention is always the best medicine. It is no different when it comes to heart health. The earlier you start making healthy choices, the better. Heart disease, and all cardiovascular diseases, are preventable. Maintaining a healthy heart is possible by following simple, sustainable health tips.



"You're never too young or old to take care of your heart."

Source: heart.org

Three Ways to Maintain a Healthy Heart

1. Make healthy eating choices

It is simple things like the choice of foods you eat that can lower your risk of heart disease and stroke. The key to a healthy meal plan is to choose foods that are low in saturated fat, trans fat, and sodium. If possible, opt for lower-fat dairy products, less sugar-sweetened beverages, skinless poultry, and less red meat. When eating meats, choose the leanest cuts available.

The foods that make for a healthy meal plan include an abundance of fruits and vegetables, fiber-rich whole grains, fish (preferably oily fish at least 2 times per week), nuts, legumes, seeds, and incorporating some meatless meals.

2. Include movement in your day

It is recommended for adults to exercise 2.5 hours per week. It is important to include muscle-strengthening activities that target all major muscle groups on at least two or more days per week. If you are wanting to start an exercise regimen, meeting this goal is possible and is something that can be achieved over time. See our PlayWell Section for exercise tips that the American Heart Association recommends for adults.

3. Learn about heart health

Even if heart disease does not affect us personally, it is important to be informed about the warning signs of a heart attack and stroke. For each person, signs and symptoms will vary. For example, numbness with a stroke or severe chest pain with a heart attack are not standard for everyone experiencing a stroke or heart attack. It is especially valuable to know that heart attack symptoms for women and men are different.

Information from heart.org



EatWELL

15-minute healthy and flavorful recipe

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February 2021



Looking for a zesty and healthy salsa topping to add to any main dish? This recipe offers a way to be creative with your meals by using it as a side or topping!

BLACK BEAN AND AVOCADO SALSA

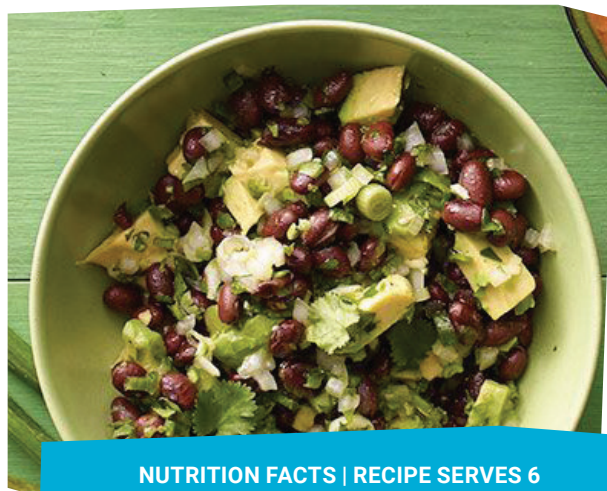
Recipe adapted from the recipe blog at delish.com

INGREDIENTS:

- 2 jalapeños (seeded for less heat, if desired)
- 1 clove garlic
- 1/2 medium white onion
- 1/2 tsp. kosher salt
- 1/4 tsp. pepper
- 1 can of black beans
- 2 scallions
- 2 tbsp. fresh lime juice
- 1 tbsp. olive oil
- 1 avocado
- 1/2 c. fresh cilantro

DIRECTIONS:

1. Mix the jalapeños, garlic, onion, salt, and pepper in a large bowl.
2. Mix in the beans, scallions, lime juice, and oil and toss to combine. Fold in the avocado and cilantro.



NUTRITION FACTS | RECIPE SERVES 6

Calories: 133

Prep time: 15 minutes

Total time: 15 minutes



PlayWELL

Big wins for being active

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Exercise needs are different depending on a person's age and possible health conditions. A challenge for many people is not knowing how to incorporate exercise into their day or how much they should be exercising. We hope the information below from heart.org will educate you on how much you should be exercising and what kind of physical activity you can do to meet your movement goals!

Five Physical Activity Recommendations for Adults

1. Aim to do 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous exercise per week. It is recommended to do a variation of moderate-intensity aerobic exercise and vigorous-intensity exercise throughout the week.
2. Experts recommend completing two moderate-to high-intensity muscle-strengthening workouts each week, such as resistance or weight training.
3. Make it a goal to spend less time sitting. Even standing or light activity will off-put some of the health risks associated with long periods of sitting.



"Only about one in five adults and teens get enough exercise to maintain good health."

Source: heart.org

4. If you are wanting to go the extra mile and experience more health benefits, try being active for at least 300 minutes (5 hours) per week.
5. As time passes and you develop an exercise routine that works for you, increase how much you exercise and the intensity of your workouts.

What are moderate-intensity aerobic activities?

A great way to get your heart rate up is with moderate-intensity aerobic activities. You know you are in the moderate-intensity range when your heart is beating fast and your breathing is harder than normal, however, you are still able to talk. Examples of moderate-intensity aerobic activities are:

- Brisk walking (at least 2.5 miles per hour)
- Water aerobics
- Dancing (ballroom or salsa)
- Gardening

What are vigorous-intensity aerobic activities?

Vigorous-intensity workouts are the next level up from moderate-intensity workouts. This means that in addition to an increase in heart rate, you will also feel warm, may begin to sweat, and find it hard to talk without running out of breath. Examples of vigorous-intensity aerobic activities are:

- Hiking uphill or with a heavy backpack
- Cycling 10 miles per hour or faster
- Heavy yard work such as continuous digging
- Running

Information from heart.org



Many of our Wellness AtoZ employers have taken steps to implement health and safety efforts in response to the COVID-19 pandemic and we encourage you to share with us! Email us at info@wellnessatoz.org and let us know the innovative ways your company has supported your wellbeing. Look for us to highlight your efforts on our social sites!



Wellness **AtoZ**

WorkWELL

Share best practices in worksite wellness



Wellness AtoZ began to host their WorkWell webinars virtually when employers transitioned to remote work at the beginning of the COVID-19. The webinars are focused on health and wellness topics that are the most relatable to what the employers and community are facing during the COVID-19 pandemic. We invite you to visit our WorkWell page to listen to the webinars we have hosted virtually within the last year.

If you missed our recent WorkWell Webinars you can watch them at phoenixchamberfoundation.com/workwell

WELLCommunity

Help build healthy communities with My Phx My Parks

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The My Phx My Parks Volunteer Program provides various volunteer opportunities for community members to contribute to building a healthy community. Volunteer opportunities range from sharing the gift of friendship with a senior citizen, finding ways to keep the natural beauties of Phoenix clean, or volunteering with any of their upcoming events. Visit phoenix.gov for more information.

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LIVEWELL NEWSLETTER EN ESPAÑOL
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www.WellnessAtoZ.org

Greater Phoenix Chamber Foundation

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