



# Heart WELLNESS

Honoring heart health

LiveWELL  
February 2022



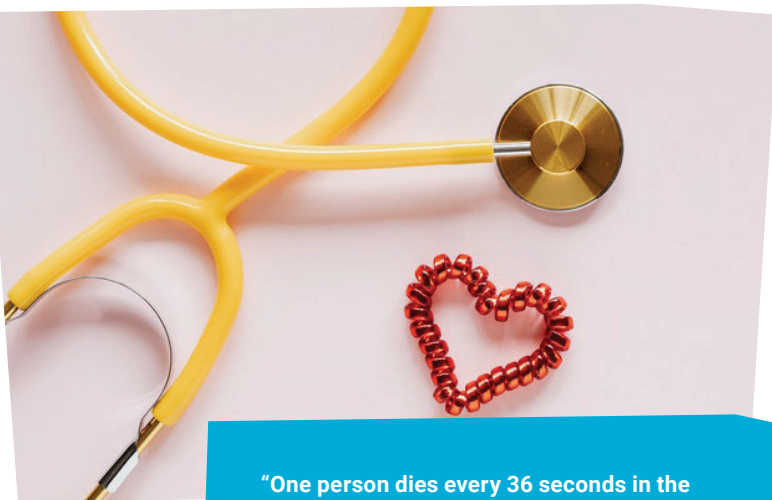
Take charge of your health to put yourself on the path to wellness. Health and wellness mean living life fully with vitality and meaning. Wellness looks different for everyone and evolves as our lifestyles change.

The first step in making any lifestyle changes is understanding the purpose for the change. In this newsletter, we provide information and tips to encourage positive lifestyle changes to promote heart health.



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Healthy habits for a strong heart

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**"One person dies every 36 seconds in the United States from Cardiovascular disease."**  
Source: [cdc.gov](https://www.cdc.gov)

February is heart health month, so we wanted to provide some information from the Center for Disease Control (CDC) for you to be encouraged to take preventative measures in caring for your heart.

The CDC shares the following information around heart disease and its impact in the United States:

- Heart disease is the leading cause of death for most groups of people including men, women, and ethnic and racial groups.
- Between 2016-2017, the costs of heart disease were around \$363 billion. This cost accounted for health services, medicines, and loss of productivity due to people passing away.
- Coronary Artery Disease affects 18.2 million adults who are 20 years of age or older.
- Every 40 seconds someone has a heart attack in the United States.
- Not all heart attacks are apparent, 1 in 5 heart attacks are silent.

These facts provide us with knowledge around heart health and how closely it affects the U.S daily.

*Information from [cdc.gov](https://www.cdc.gov)*



## PlayWELL

### 3 positive ways exercise impacts heart health

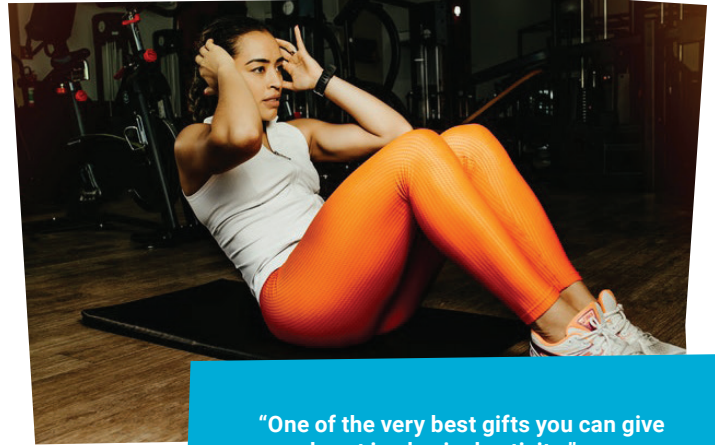
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Moving your body is pivotal in living a healthy lifestyle and a healthy lifestyle means a healthy heart. We hope that these info-facts from John Hopkins medicine motivates you to start or continue an exercise regimen that works best for you!

- 1. Exercise can stop or reduce the development of diabetes.** When strength training is combined with aerobic exercise, it can lower the chances of developing diabetes by 50% because exercise allows the muscles to process glycogen (used for energy). When glycogen in our muscles is not working correctly, this is when the risk for diabetes happens.
- 2. Exercise lowers blood pressure.** Physical exercise is a natural medicine to slow your heart rate and lower your blood pressure. High blood pressure puts a lot of strain on your heart which is a risk factor for heart disease.
- 3. Exercise reduces stress.** Being stress-free is so important for our health. When we experience stress, it causes us to put extra pressure on our hearts. Exercise allows us to activate our happy hormones, release stress and relax.

Information from [hopkinsmedicine.org](http://hopkinsmedicine.org)



**"One of the very best gifts you can give your heart is physical activity."**

Source: [hopkinsmedicine.org](http://hopkinsmedicine.org)



## EatWELL

### Heart-healthy side dish

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**RECIPE SERVES: 6**  
**NUTRITION INFORMATION PER SERVING:**  
Total calories: 139  
Prep time: 10 minutes  
Total time: 20 minutes

### QUINOA WITH ROASTED RED PEPPER, GREEN BEANS, AND RED ONION

Recipe from [delish.com](http://delish.com)

We did some research to find this simple, heart-healthy recipe. It can be accompanied by a meal or eaten as an appetizer or snack.

#### INGREDIENTS:

- 1 c. quinoa
- 4 oz. green beans
- Kosher salt
- 1/2 red onion
- Pepper
- 1 tbsp. olive oil
- 2 jarred roasted red peppers
- 2 tsp. red wine vinegar

#### DIRECTIONS:

1. In a medium saucepan, combine quinoa with 2 cups water. Bring to a boil, add 1/2 teaspoon salt, then reduce heat and simmer. Make sure it is covered until all the liquid has been absorbed for 15 to 20 minutes. Fluff with a fork to separate the grains.
2. Meanwhile, in a large bowl, whisk together the oil, vinegar, and 1/4 teaspoon of, both, salt and pepper. Add the red peppers, beans, and onion and toss to combine. Add the prepared quinoa and toss to combine.



If you have missed any of our WorkWell Webinars, they are available on our website at [phoenixchamberfoundation.org](http://phoenixchamberfoundation.org). We hosted an array of health and wellness topics with different experts throughout 2020-2021. Stay tuned for our upcoming WorkWell Webinars in 2022.



## WELL Community Wear Red for Women's Heart Health



**"Cardiovascular is the #1 killer of women, causing 1 in 3 deaths each year."**  
Source: [goredforwomen.org](http://goredforwomen.org)

Every year the American Heart Association leads the Go Red for Women Campaign to raise awareness around women's heart health. Heart health risk factors look different for every woman. [Goredforwomen.org](http://Goredforwomen.org) shares that this campaign involves advocacy for more research, providing education and facts around women's heart health, dispelling myths, and more. To learn more about the Go Red for Women movement and how to get involved visit [goredforwomen.org](http://goredforwomen.org).

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