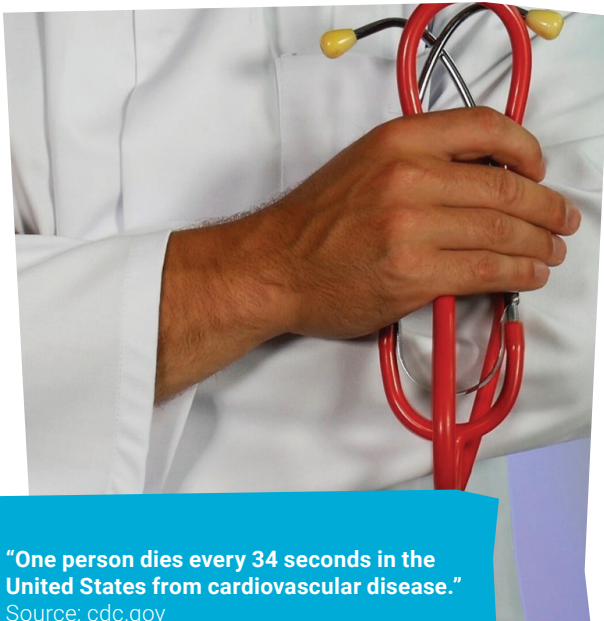




February is American Heart Month! To promote heart health awareness, this newsletter provides information and tips to encourage positive, heart-healthy lifestyle changes.



"One person dies every 34 seconds in the United States from cardiovascular disease."

Source: cdc.gov

Did you know many cardiovascular diseases can be prevented with education and lifestyle habits? The Center for Disease Control (CDC) provides a list of preventative measures that can be taken when caring for your heart.

The CDC shares the following information about preventing heart disease:

- Choose healthy food and drinks: Choose healthy meals and snacks to help prevent heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and avoid processed foods.
- Maintain a healthy weight: People who are overweight or obese have a higher risk for heart disease. Carrying extra weight can put extra stress on the heart and blood vessels. To find out if your weight is in a healthy range, you can calculate your Body Mass Index (BMI) at CDC's Assessing Your Weight website.
- Get regular physical activity: Physical activity can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.
- Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quitting will help lower your risk for heart disease.

Find more detailed information on how to prevent heart disease at [cdc.gov](https://www.cdc.gov)



PlayWELL

Find a fitness routine that works for you

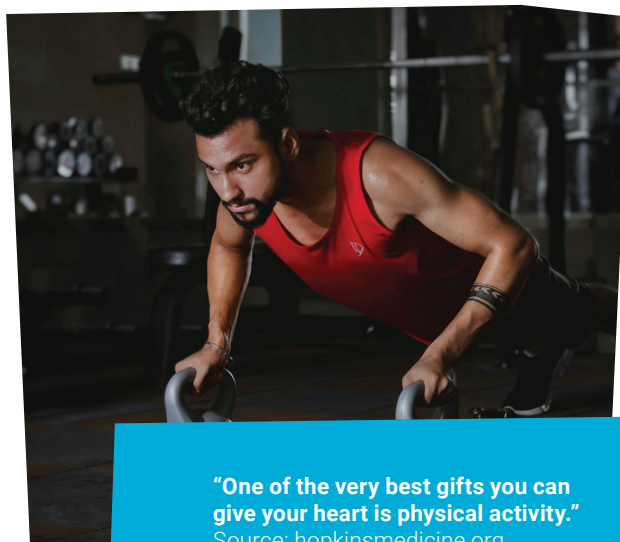
LiveWELL
February 2023



A regular exercise routine can help lower blood pressure, lessen the risk of developing diabetes, maintain a healthy body weight, and reduce inflammation throughout the body. Exercise has several additional benefits and John Hopkins Medicine recommends how to find the best routine for yourself.

1. The American Heart Association and the American College of Sports Medicine both recommend combining aerobic exercise (jogging, swimming, biking) with resistance training (moderate weightlifting). Together, these two categories of exercise produce the greatest benefit for preventing and managing heart disease.
2. General guidelines call for a combination of aerobic exercise and resistance training. Try to get in a minimum of 30 minutes of aerobic exercise such as walking, cycling or swimming at least five days a week. Do moderate weightlifting to tone muscles and build muscle endurance twice a week, or frequently enough to cover the major muscle groups.
3. Chart your exercise progress by tracking heart rate, repetitions, and body composition. Know when you're overdoing it by setting a specific target heart rate with a qualified trainer or health professional.

Information from hopkinsmedicine.org



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

Source: hopkinsmedicine.org



EatWELL

Delicious, easy-to-make, heart-healthy dish

LiveWELL
February 2023



Recipe serves 4
Nutrition information per serving:
Calories: 264 | Fat: 15g | Cholesterol: 189g
Sodium: 533g | Carbohydrates: 16g | Protein 16g

SOUTHWESTERN AVOCADO-BELL PEPPER QUICHE CUPS

Recipe from heart.org

The American Heart Association recommends several heart-healthy recipes that are lower in sodium, fat, and sugar. Try this quick and easy Southwestern Avocado-Bell Pepper recipe that tastes great and your heart will love.

INGREDIENTS

- Cooking spray
- 4 large eggs
- 1/2 cup fat-free, plain Greek yogurt
- 2 large egg whites
- 2 tablespoons low-sodium taco seasoning (or lowest sodium available)
- 1 large avocado, peeled, pitted, and diced into small pieces
- 1/2 cup shredded low-fat Cheddar Jack cheese
- 1 4-ounce can diced or chopped mild green chiles, drained
- 4 medium bell peppers (any color), halved, seeds and ribs discarded

DIRECTIONS:

1. Preheat the oven to 375°F. Line a large baking sheet with aluminum foil. Lightly spray with cooking spray.
2. In a large bowl, whisk together the eggs, yogurt, egg whites, and taco seasoning until smooth.
3. Gently stir in the avocado, Cheddar Jack cheese, and green chiles.
4. Place the bell pepper halves with the skin side down on the baking sheet.
5. Spoon the egg mixture into the bell pepper halves, filling them to just below the edges (the egg mixture will expand while baking).
6. Bake for 35 to 40 minutes, or until the egg mixture is just set. Remove from the oven. Let cool slightly, about 5 to 10 minutes, before serving.



WorkWELL

Celebrate National Wear Red Day

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February 2023



Check out our team at the Greater Phoenix Chamber and Foundation celebrating National Wear Red Day! Did you know heart disease is the leading cause of death in the US and is largely preventable? Wear red on February 2nd and show support for heart disease awareness and education.



WELL Community

Join the heart health movement

LiveWELL
February 2023



"Cardiovascular disease is the #1 killer of women, causing 1 in 3 deaths each year."

Source: 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, but most cardiovascular diseases can be prevented with education and lifestyle changes. The Goredforwomen.org campaign involves advocacy for more research, providing education and facts about 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.

Source: goredforwomen.org



www.WellnessAtoZ.org
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