




Heart WELLNESS

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February 2024



February is American Heart Month! In this newsletter, we provide information and tips to encourage positive, heart-healthy lifestyle changes.



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Heart-healthy habits

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February is American Heart Month, a time when all people—especially women—are encouraged to focus on their cardiovascular health.

According to the CDC, “women in the United States are experiencing unacceptable and avoidable heart-related illness and death, and nearly half of U.S. women do not recognize that heart disease is the leading cause of death for women.”

The CDC shares the following information about preventing heart disease:

- Choose healthy food and drinks: Healthy meals and snacks to help prevent heart disease and its complications
- 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.
- Get regular physical activity: Physical activity can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels.
- Cigarette smoking greatly increases your risk for heart disease: If you smoke, quitting will help lower your risk for heart disease.

Source: [cdc.gov](https://www.cdc.gov)





HEARTY CHICKEN BOWL

Recipe from [mayoclinic.org](https://www.mayoclinic.org)

The Mayo Clinic offers a full list of heart-healthy recipes. The hearty chicken bowl is a one-bowl meal that uses ingredients with a northern flare, such as mushrooms, walnuts, rice, and squash.

INGREDIENTS (1 BOWL):

- 1 tablespoon canola oil, divided
- 2 cups sliced carrots
- 1 cup diced yellow onion
- 1 cup fresh mushrooms
- 2 tablespoons minced fresh parsley
- 1 cup uncooked fancy wild rice
- 2 tablespoons chopped walnuts
- 1 tablespoon fresh ground black pepper
- 2 1/2 cups no-salt-added chicken stock
- 2 boneless skinless chicken breasts (4 ounces each)
- 1 cup diced red beets
- 1 cup peeled and diced butternut squash
- 2 cups chopped beet tops (greens)
- 1 tablespoon balsamic vinegar
- 2 tablespoons dried cranberries

NUTRITION FACTS:

Serving size: 1 bowl (about 2 1/2 cups)

- Calories 413
- Total fat 9 g
- Saturated fat 1 g
- Monounsaturated fat 3 g
- Cholesterol 41 mg
- Sodium 184 mg
- Total carbohydrate 57 g
- Dietary fiber 9 g
- Added sugars 0 g
- Protein 26 g

INSTRUCTIONS:

Heat sauce pan over medium heat, add half the oil and carrots, onion, mushrooms and parsley. Saute for approximately 10 minutes or until onions begin to brown. Add wild rice, walnuts, black pepper and chicken stock. Bring to a boil, reduce to simmer. Cover and cook for 40 minutes.

In the meantime, add remaining oil to a saute pan. Add chicken breasts and brown on both sides, about 3 minutes a side. Cook until internal temperature is 165 F. Remove chicken from pan and set aside, keeping warm.

Add diced beets and squash to the hot pan. Saute on medium heat for 15-20 minutes, until squash begins to brown and both items are tender. Add chopped greens, balsamic vinegar, cranberries and rice mixture, toss to combine and get cooked bits loosened from bottom of pan.

Divide among four bowls, top with slices of chicken breasts and serve.



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 U.S. and is largely preventable? We wore red on February 2nd to show support for heart disease awareness and education.

Source: [cdc.gov](https://www.cdc.gov)

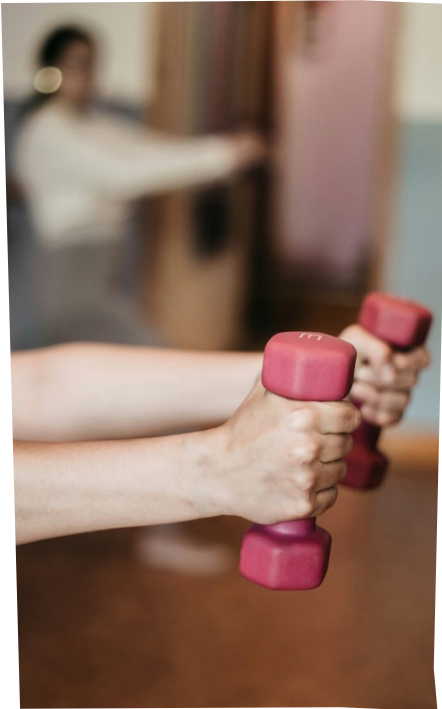




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Keep your heart strong

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Physical activity can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels.

The general recommended exercise intensity for humans from the American Heart Association to prevent Cardiovascular Disease is 30 minutes, 5 times a week to reach at least 150 minutes per week of moderate exercise, or 25 minutes, 3 times a week to reach at least 75 minutes per week of vigorous activity. Individuals can choose one way of physical activity or combine moderate and vigorous activities.

What are 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)
- Rollerblading

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
- Tennis (singles)
- Running

Source: ncbi.nlm.nih.gov

WELL Community

Join the heart-health movement

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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



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