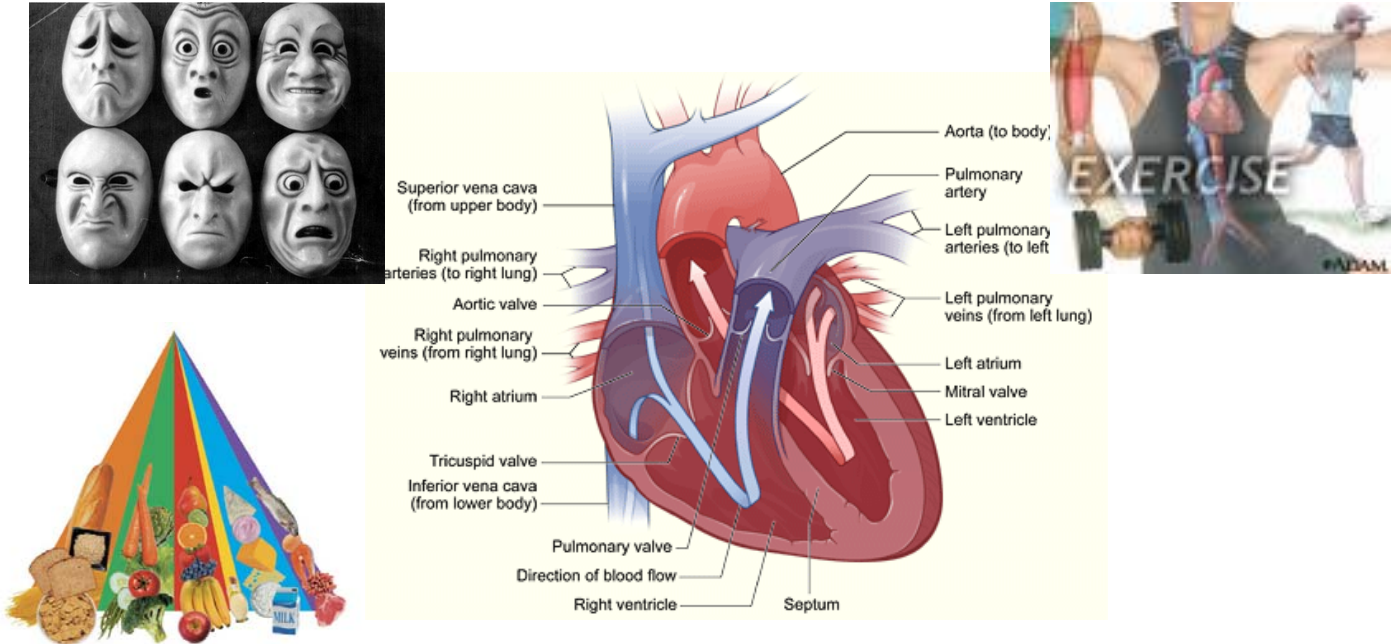


Wellness Culture

February Observance: Heart Health

Key Information: How you treat your heart determines the overall function and health of this most vital organ.



Heart Health Tips:

- Eat Healthy Foods. - Limit processed and refined foods. Opt for whole fruits, vegetables, and grains.
- Perform at least 30 minutes of moderate cardiovascular exercise daily - Lowers LDLs while raising HDL's, Increases stroke volume, can help lower blood pressure.
- Avoid Smoke, Pollutants, and other Irritants that can affect lung function and health.
- Steam or grill vegetables.
- Substitute regular mayonnaise with fat-free or light or use a combination of both.
- Use a non-stick cooking spray or broth in place of butter when frying - Reduce Harmful Fats/Cholesterols.
- Perform Resistance Training 2 days/week.
- Balance your emotions through healthy habits, choosing proactivity vs. reactivity, any by using positive perspectives.

Action Steps Made Easy:

1. Choose 1-2 of your favorite recipes and prepare them with low-fat substitutions this week. Make sure to note substitutions and review overall taste.
2. Check out low fat recipe websites for other suggestions and tips in reducing fat (lowfatweekly.com, recipes.com, cookinglight.com.)

Life Impact: Your Life and Health Depends on How Many Times Your Heart Can Beat -Without Medical Support.

Resources: www.americanheart.org; www.lowfatweekly.com; www.recipetips.com



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