



## Welcome to **Wellness Online**

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## February is Healthy Heart Month

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### 10 Minutes to a Healthier Heart

Don't avoid exercising because you're short on time. Even quick workouts can benefit your heart.

Does spending an hour at the gym seem daunting—and something you really don't have time for? Fitness experts say you can work out 10 to 15 minutes at a time and still reduce your risk for heart disease. The American Heart Association recommends all adults get at

least 150 minutes of moderate physical activity each week.

What is moderate physical activity? It includes:

- Brisk walking, jogging or running
- Biking
- Swimming
- Dancing
- Jumping rope

One-hundred fifty minutes each week breaks down to 30 minutes, five days a week. Want to break it up even more? Just make sure you are getting at least 10 minutes of aerobic activity at a time. Try 15-minute increments, twice a day, five days a week. That means you could sneak in a 15-minute walk on your lunch hour and spend 15 minutes doing yard work in the evening. There's your daily exercise—and perhaps, a better-looking yard!

\*Be sure to check with your doctor before starting any type of exercise program.



## Questions of the Heart

How many times have you left the doctor's office and wished you could run back in with a question? At your next checkup, be prepared. Write down these key questions about heart health or keep them on the tip of your tongue.

### What is my risk for heart disease?

Your habits and your personal and family health history can provide important clues to your doctor. In addition, talk to your doctor about your age, weight, blood pressure, cholesterol, smoking habits, and physical activity. Ask what you can do to lower your risk.

### Do I have high blood pressure, and how can I control it?

High blood pressure, which often has no symptoms, can damage your arteries, heart, and other organs.

### What is my cholesterol level, and how can I keep it in normal range?

High levels of bad cholesterol (LDL, or low-density lipoprotein) can build up in the inner walls of arteries and can increase your risk of a heart attack or stroke. Diet, exercise and medications can all play a role in reducing your cholesterol.

### How does my blood sugar level influence my risk?

High blood sugar levels may indicate diabetes, which may increase the risk of cardiovascular disease.



## Food for the Heart

You want to eat well to protect your heart. But did you know that one of the keys to heart-healthy eating is to concentrate on what to add to your meal plan? Reducing saturated and trans fats, cholesterol and sodium in your diet is a good start, but there is a lot more to heart-healthy eating.

### Eat a variety of fruits, vegetables, beans (legumes) and whole-grain products.

These foods are naturally free of cholesterol and saturated fat. Also, they are loaded with vitamins, minerals and antioxidants. And they are the only category of foods that will provide heart-healthy fiber.

- Aim for a minimum of five servings of fruits and vegetables a day. Variety is the key, and the more colorful, the better. Use red peppers, yellow squash, orange carrots and purple cabbage.
- Aim for six servings of grains a day. Focus on whole grains for extra fiber and nutrients. Try brown rice, barley, whole-grain breads, cereals, crackers and pastas.
- Include plenty of beans, such as kidney, pinto, navy and soy beans. They are loaded with fiber and are also good sources of protein and other nutrients.
- Experts suggest 25 grams to 35 grams of fiber a day.

**Include healthy fats in your meal plan.** Typically, the first thing to go on a low-cholesterol diet is the fat. Some types of fat can be harmful, but others have proven to be beneficial.

- Saturated fats should be limited. They can raise the level of cholesterol in your blood. These fats are found in red meat, bacon, hot dogs, poultry skin, butter, high-fat dairy and products made with butter or cream.
- Polyunsaturated fats such as corn, safflower and sunflower oils can be eaten in moderation, but should be limited in favor of monounsaturated fats and omega-3 fats.
- Monounsaturated fats are thought to be heart-healthy. These include olive and canola oils, avocado and most nuts and seeds.
- Omega-3 fats are good for the heart and usually lacking in the American diet. Good sources are fatty fish (salmon, mackerel, sardines), flax oil and flax seeds, walnuts and some green leafy vegetables. The American Heart Association says to eat two servings of fatty fish per week.

**Choose fat-free and low-fat dairy products, fish, poultry and lean meats.** All animal foods contain cholesterol. However, lean and low-fat choices will contain very little saturated fat. Vegetables, grains and beans should make up the bulk of your meal plan, rounded out by low-fat, lean animal foods.

- Choose skim or 1% milk and yogurt over whole or 2%.
- White meat chicken, turkey and fish are all good choices. Keep portions to no more than 3 to 6 ounces per day.
- Lean meat can also be part of a heart-healthy diet. Limit portions to 3 to 4 ounces, twice a week.
- Soy foods, such as tofu, tempeh and edamame can be a great substitute for meats high in saturated fat or other unhealthy foods.

Remember, that a healthy diet can include the foods you love. And watching what you eat may keep you around longer for the people you love.



[dr-oz](#)

## Better Health with Dr. Oz: Are you having a heart attack?

Check out the video library on the Better Health with Dr. Oz section of the [uhc.com](#) website! In these short videos, best-selling author and host of The Dr. Oz Show, Dr. Mehmet Oz, provides practical, easy-to-follow advice on a variety of health topics. To view the program click here: <http://www.uhc.com/health-and-wellness/better-health-with-dr-oz>



## Source4Women Online Seminar: Eating for a Healthy Heart

Kathleen Zelman, MPH, RD

February 10, 2015, 12:30 p.m. ET, 11:30 a.m. CT, 10:30 a.m. MT, 9:30 a.m. PT

One in every four deaths in the U. S. is due to heart disease according to the American Heart Association. It is the leading cause of death for both men and women – and may be prevented! A healthy diet and lifestyle are among some of the weapons in the fight against heart disease. Discover how the healthiest diets on the planet may help improve your heart health and longevity. Learn how easy and delicious it is to eat for a healthy heart. Simple heart smart strategies and smart choices may benefit your heart, lower your risk for heart disease and improve your overall health.

To register for an upcoming Source4Women seminar, visit [www.source4women.com](http://www.source4women.com) and click on "Online Seminars & Events." All seminars are recorded and archived for viewing after the live seminar date.

**We Dare You This February!**



It's February, heart health month and the month of love! Are you ready for a new round of healthy dares? Go to <http://www.wedareyoutoshare.com> to enter for a chance to win great prizes! This month's dares are:

1. Share a photo of a healthy heart exercise
2. Answer one of our heart health quiz questions
3. Log your fitness exercises

Go check out the website now!



## Health Tip: Managing stress is important for a healthy heart!

Having a schedule that is out of control is a sure road to stress. It may be tempting to escape it all by surfing the Internet or even taking a sick day. But that's just a short-term fix that will pile on more stress. The key to getting stress under control is effective time management. With good time management, you'll get more done, feel better about yourself and lower your stress level.



## Monthly Recipe: Asian Tilapia Salad

**Yield:** 4 servings

**Total Time:** 17 minutes

### Ingredients:

- 1 lb. tilapia, cut into 1 1/2-in.-thick strips
- 3 scallions, chopped
- 1/4 cup sesame ginger dressing, divided
- 1 can (15 oz.) sliced baby corn, drained and rinsed
- 1 bag (10 oz.) mixed salad greens

### Preparation:

1. In a medium bowl, combine tilapia and scallions with 2 Tbsp. sesame ginger dressing. Refrigerate 10 minutes.
2. Heat broiler. Place tilapia on a foil-lined baking sheet and broil for 7 minutes or until fish is cooked through.
3. Toss remaining 2 Tbsp. dressing with baby corn and salad greens until lightly coated. Divide salad and fish among plates.

### Nutrition Facts:

Calories: 230  
 Total Fat: 7g  
 Saturated Fat: 1g  
 Cholesterol: 57mg  
 Sodium: 479mg

Total Carbohydrates: 12g

Dietary Fiber: 7g

Protein: 30g

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