

ActiveYou

ActiveHealth® Management: Tips for well-being
February 2019



February is heart month!

Do you want to keep your heart healthy but don't know how to start? Keep it easy with these guidelines. A stronger, healthier heart is on the way!

Choose a healthy lifestyle

Put your health first. Eat well, exercise often and drink lots of water. Every small change adds up.

Get regular checkups

Your health care provider may run tests to measure your blood pressure and cholesterol. Along with lifestyle changes, they may also recommend medicine to keep it all in check.

Say farewell to unhealthy fats

Avoid foods high in saturated fat and trans fat. We're looking at you, ice cream and cake! Seek out the healthier, unsaturated fats in avocados and nuts.

If you smoke, quit

Smoking can increase your risk of heart disease. It's time to quit. Ask your health care provider, friends, and family for help. You're not alone. You can do this.

Walking for a healthy heart

Physical activity, like walking, increases your:

- Heart rate
- Strengthens your heart, and
- Increases blood circulation through your body.

This can bring more oxygen and nutrients to your organs.

Exercise also:

- Increases your lungs' ability to take in oxygen
- Lowers blood pressure
- Helps to reduce body fat, and
- Improves blood sugar and cholesterol levels.

Stay motivated by walking with family, friends or coworkers. Be sure to check with your health care provider before you begin any new exercise routine.



Upcoming events

Wellness Webinar Series

"Road to wellness: Know your numbers"

March 19, 2019

10:00 am, 12:30 pm and 4:30 pm ET

<http://go.activehealth.com/wellness-webinars>

Mango shake



Try this easy shake for a flavor-filled, heart healthy drink.

Ingredients

- 2 cups low-fat (1%) milk
- 4 tablespoons frozen mango juice (or 1 fresh pitted mango)
- 1 small banana
- 2 ice cubes

Put all ingredients into a blender. Blend until foamy. Serve immediately.

Variations: Instead of mangos, try orange, papaya, or strawberries.



Coach's corner

Meet **Nakia**, a nurse who has worked in a variety of fields, including pediatrics, oncology, and orthopedics. As a health coach, she's passionate about helping people achieve their personal health goals.



Nakia's tips for controlling blood pressure:

When blood pressure is high, it can damage your blood vessels, heart, and kidneys. This can lead to a heart attack or stroke, as well as other issues.

Here's what you can do to keep it under control:

- If you're on medicine, take it as prescribed.
- Reduce your sodium (salt) intake.
- Stay active, but check with your health care provider before you begin any new activities.
- Practice stress management.
- Monitor your blood pressure and know your baseline numbers.



Check out MyActiveHealth

MyActiveHealth is a digital gateway to help you manage your health and well-being. Best of all, it's designed around you. You choose your goals, and you set the pace. And, it's easy and fun to use.

You'll find many items, such as a health assessment, online learning tools, healthy recipes, and more!

Sign up or visit myactivehealth.com today!

Source: Delicious Heart Healthy Latino Recipes from the National Heart, Lung, and Blood Institute. Retrieved January 24, 2019, from: https://www.nhlbi.nih.gov/files/docs/public/heart/sp_recipe.pdf.



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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