



NUTRITION NEWS

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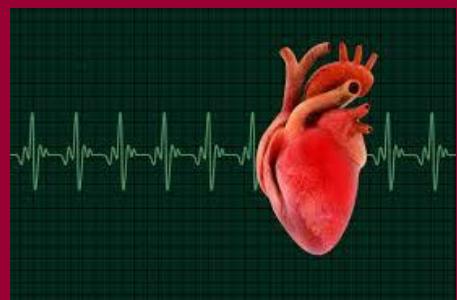
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HAPPY AMERICAN HEART MONTH, EVERYBODY!

Now, don't let it be misconstrued, your heart health should be a priority every day of the year, but this month is particularly a great time to hone in on healthy ways to counter heart disease. The first Friday of every February, communities from across the globe come together and strut their flashing red in honor of celebrating a common goal: the annihilation of cardiovascular disease. The first American Heart Month was celebrated in 1964 when President Lyndon B. Johnson put it into place through Proclamation 3566 in 1963. While American Heart Month is a federally delegated month here in the U.S., let's not ignore the fact that heart disease has no limits or boundaries.

Cardiovascular disease is the number one leading cause of death for both men and women. Heart disease, stroke, and other cardiovascular related diseases are the most prevalent and expensive health problems the U.S. is facing today, costing hundreds of billions of dollars in health care expenses annually. Fortunately, heart disease is one of the most preventable diseases.



- ❖ Heart Health
- ❖ Go Red
- ❖ Life's Simple 7



- ❖ Do Some Cardio, Your Heart Will Love You For It
- ❖ Recipe of the Month
- ❖ Motivational quote of the Month

MAKE AN IMPACT ON YOUR HEART HEALTH THIS 2020!

When it comes to heart disease, there are some risk factors that need to be identified. Those being: high blood pressure, inactive lifestyle, unhealthy eating, diabetes, cigarette smoking, overweight/obesity. High sodium intake can increase blood pressure, in turn increasing risk for heart attack and stroke, yet 90% of American adults exceed the daily recommended levels of 2,300 mg per day.

Without correction or intervention, overtime, these risk factors will wreak havoc on the body's blood vessels and heart which can then lead to heart failure, heart attacks and strokes. It is vital to address these problems and correct them early on before irreversible damage occurs. Below are helpful ways to implement beneficial actions to combat heart disease.

GO RED!

G: Get Your Numbers

Ask your doctor to check your blood pressure and cholesterol.

O: Own Your Lifestyle

Eat nutritious foods, exercise, and stop smoking. The choice is yours, no one can do it for you.

R: Realize Your Risk

We think it won't happen to us, but heart disease kills one of three women and one of 4 men.

E: Educate Your Family

Make healthy food choices for you and your family. Be an example to your kids and educate family of the importance of staying active.

D: Don't Be Silent

Educate yourself and others on the prevalence of heart disease.

Life's Simple 7

❖ **Maintain a healthy weight**

-Being that obesity is a significant risk factor for heart disease, it's crucial to maintain a BMI (body mass index) that is ideal for your weight and height. Having too much fat, especially around the midsection is grounds for high blood pressure, cholesterol and diabetes.

❖ **Engage in regular physical activity**

-Don't have time? You make time. Prioritizing your health will pay off. American Heart Association recommends at least 150 minutes a week of moderate exercise or 75 minutes a week of more intense exercise, or a combination of both. Just get up and move 20-30 minutes of your day! Do something that gets that heart rate up!

❖ **Eat a nutritious diet**

-This is the most beneficial, life enhancing one of them all, but with all the different information out there about diets it can get a bit overwhelming. The important thing is always to find what works best for you, as every individual is different. Keep in the mind, the more color, the better. Allow most of your plate to be filled with veggies and fruits, vibrant in color (as this means antioxidants and nutrients). Fill up on lean meats and whole grains before indulging in the less nutritious foods. Try to limit sodium intake, as it has been shown that diets high in sodium lead to high blood pressure.

❖ **Manage blood pressure**

-AKA "the silent killer" due to typically no symptoms, high blood pressure is the most significant risk factor for heart disease. Uncontrolled high blood pressure can lead to blockage of veins and arteries causing blood clots, which can lead to heart attack and strokes.

❖ **Take charge of cholesterol**

-Cholesterol is a natural fat-like substance found in the body that has important functions, but too high cholesterol in the body (more than 200 mg/dL) puts you in a high risk category. It is important to get total cholesterol levels tested and make sure it is in a healthy range (less than 200 mg/dL).

❖ **Keep blood sugar/glucose at healthy levels**

-Adults with diabetes are 2-4 times more likely to have heart disease or a stroke than adults without diabetes. Blood pressure for those with diabetes should be lower than 130/80 mm Hg. It is crucial to have regular check-ups when dealing with diabetes and to really focus on diet and exercise.

❖ **Stop smoking**

-Smokers have a higher risk of developing chronic disorders, like atherosclerosis- the buildup of fatty substance in the arteries- which can lead to heart disease, heart attack and stroke.

DO SOME CARDIO, YOUR HEART WILL LOVE YOU FOR IT!

Those who like to run, this one is for you:

But first, some benefits of running sprints instead of steady state jogging/running:

- 1) Sprints train the body to burn fat for fuel.
- 2) Sprints target fast twitch muscle fibers and help build muscle.
- 3) Sprints improve lung function and heart health.
- 4) Sprints save time and make it to where you can get a great workout in less than 20 min.

- Start with an active warm-up (light jog, high knees, seat kicks, air squats, etc.)
- Ten 40-yard sprints (down and back is one) resting for 30 seconds between each one
- Six sets of 30 second mountain climbers (push-up position bringing knees to chest)
- Cool down with brisk jog
- Stretch

Sheet-Pan Chili Lime Tilapia with Veggies



INGREDIENTS:

- 4 tilapia fillets (or any white fish, wild caught if possible)
- 1 large sweet potato, cut into fries
- 1 broccoli head, cut into florets
- juice of 2 limes
- 1/4 cup of fresh chopped cilantro
- 2 Tbsp olive oil
- 2 Tbsp water
- 1 Tbsp honey
- 1 Tbsp minced garlic
- 1 tsp red chili flakes
- 1/2 tsp chili powder
- 1/8 tsp ground cumin
- salt and pepper to taste
- chopped cilantro leaves, for garnish

DIRECTIONS:

- Preheat oven to 425 degrees F, lightly oil baking sheet or coat with nonstick spray
- Whisk together 2 Tbsp olive oil, water, garlic, lime juice, honey, chili flakes, chili powder, cumin and cilantro in a small bowl
- Place sweet potatoes and broccoli in a single layer onto the prepared baking sheet. Stir in 2 Tbsp olive oil; season with salt and pepper, mix well. Make space for fish and place in reserved spaces. Brush fish with chili-lime mixture
- Bake until fish flakes easily with fork and broccoli begins to crisp up on edges and have softened, about 20-25 minutes. Enjoy!

“You will never influence the world by trying to be like it.”