



Employee WELLNESS



Florida Department of Health in Broward County

February, 2015

February Is Heart Health Month!

February is American Heart Month. Cardiovascular disease is the leading cause of death in the United States. Certain types of heart disease like heart defects can't be prevented. However, you can help prevent many other types of heart disease with lifestyle changes, i.e. a heart healthy diet and increase mobility or exercise. How can a healthier lifestyle choice help you, what difference does it make? Consider, **what is cholesterol?** Cholesterol is a waxy substance that's found in the fats (lipids) in your blood. While your body needs cholesterol to continue building healthy cells, having high cholesterol can increase your risk of heart disease.

When you have high cholesterol, you may develop fatty deposits in your blood vessels. Eventually, these deposits build up and block the blood flow through your arteries to your heart or brain. If your heart does not get the oxygen-rich blood it needs, there is a high the risk of a **heart attack** and in the same way, decreased blood flow to your brain can cause a **stroke**.

High cholesterol can be inherited, but it's often the result of unhealthy lifestyle choices, and thus **preventable and treatable**. A healthy diet, regular exercise and sometimes medication can go a long way toward reducing high cholesterol. **High cholesterol has no symptoms**. A blood test is the only way to detect high cholesterol. Be good to your heart. Know your blood pressure and know your cholesterol count. Make the changes you need to make for a **healthier future**.

Lose extra pounds. Excess weight contributes to high cholesterol. Losing even 5 to 10 pounds can help lower total cholesterol levels. **Start by taking an honest look at your eating habits and daily routine.** Consider your challenges to weight loss and ways to overcome them. Set long-term, **sustainable goals.** Work towards increasing your physical activity to **30 min x 5** times a week of vigorous exercise, like a brisk walk. Start small until you feel comfortable. **Eat heart-healthy foods.** What you eat has a direct impact on your cholesterol level. (excerpts from mayoclinic.gov and CDC.gov)

 *Be good to your heart!*

"I saw many people who had advanced heart disease and I was so frustrated because I knew if they just knew how to do the right thing, simple lifestyle and diet steps, that the entire trajectory of their life and health would have been different".

Dr.Mehmet Oz



"Put your heart, mind, and soul into even your smallest acts. This is the secret of success".

Swami Sivananda



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When you've got

2 minutes

Count down slowly from 5 to zero. With each number, take one complete breath, inhaling and exhaling. For example, breathe in deeply saying "5" to yourself. Breathe out slowly. On your next breath, say "4," and so on. If you feel lightheaded, count down more slowly to space your breaths further apart. When you reach zero, you should feel more relaxed.



Softball

DOH-Broward Softball team is looking for players. Practice starts in February, at Mills Pond Park.

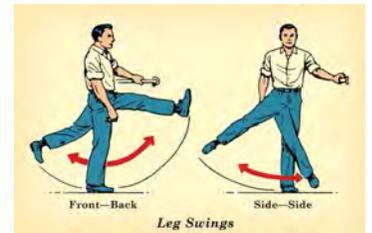
If you are interested in playing, call Christine Vogus, ext. 5305 for more information.

*Thanks to Christine Vogus,
Dorothy Dawson and Johnathan Frey*



Please consult your healthcare provider before starting on any diet or exercise program.

Stretches you can do at your desk.

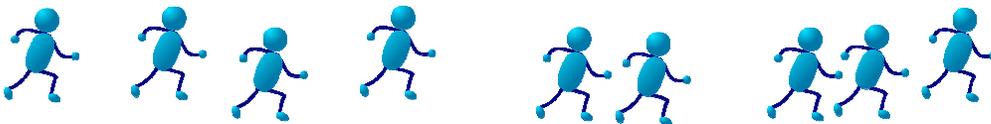


This is a great stretch that loosens up the hips, hamstrings, and glutes.

Begin with forward leg swings. Find something to hold for balance. Start off swinging your right leg backwards and forwards as high and as far back as you comfortably can. Do 20 swings and then switch legs.

Next are side-to-side swings. Again, find something to hold for balance. Swing your right leg out to the side as high as possible and then in front of you towards your left as far as you can go.

Perform 20 swings and then switch legs. Depending on how tight you feel, you may need another set.



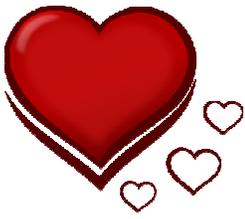
30 X 5 = Better Health!

Thirty minutes of vigorous exercise a day, a brisk walk for example, five times a week is an easy goal to remember. You will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day. Start small, keep moving!!

Stick with it!



A positive lifestyle change is another step in making Florida the Healthiest State in the Nation.



Diet and Heart Disease

Weight control and regular exercise are critical for keeping your heart in shape—but the food you eat may matter just as much. A heart-healthy diet can reduce your risk of heart disease or stroke by 80%. By understanding which foods are healthiest for your heart, you may be able to prevent or manage heart disease and high blood pressure, and take greater control over the quality and length of your life. Of all the possible improvements you can make to your diet, limiting saturated fats and cutting out trans fats entirely is perhaps the most important.

- **Limit solid fat.** Reduce the amount of solid fats like butter, margarine, or shortening you add to food when cooking or serving. Instead of cooking with butter, for example, flavor your dishes with herbs or lemon juice.
- **Omega Fatty Acids.** Fatty fish like salmon, trout, or herring as well as flaxseed, canola oil, and walnuts and vegetable oils are vital for the body. Almonds, cashews, peanuts, pecans, and butters made from these nuts, as well as avocados, are all great sources of “good” fat.
- **Substitute.** Exchange out high-fat foods for lower-fat options. Top your baked potato, for example, with salsa or low-fat yogurt rather than butter, or use low-sugar fruit spread on your toast instead of margarine. When cooking, use liquid oils like canola, olive, safflower, or sunflower, and substitute two egg whites for one whole egg in a recipe.
- **Read Labels.** Check food labels on prepared foods. Many snacks, even those labeled “reduced fat,” may be made with oils containing trans fats. One clue that a food has some trans-fat is the phrase “partially hydrogenated.” Look for hidden fat; refried beans may contain lard, or breakfast cereals may have significant amounts of fat.
- **Change your habits.** The best way to avoid saturated or trans fats is to change your lifestyle practices. Instead of chips, snack on fruit or vegetables. Challenge yourself to cook with a limited amount of butter. At restaurants, ask that sauces or dressings be put on the side—or left off. It’s easy.
- **Fiber.** A high fiber diet can lower “bad” cholesterol and provide nutrients that can help protect against heart disease. By filling up on whole grains, vegetables, and fruits, you can get most of the fiber you’ll need, which means you’ll also be lowering your risk of heart disease. Add kidney beans, peas, or lentils to soups or black beans to a green salad.
- **Keep fruit and vegetables at your fingertips.** Wash and cut fruit and veggies and put them in your refrigerator for quick and healthy snacks. Choose recipes that feature these high-fiber ingredients, like veggie stir-fries or fruit salad. Use veggies in your cooking. Add pre-cut fresh or frozen vegetables to soups and sauces.
- **Snacks.** Fresh and dried fruit, raw vegetables, and whole-grain crackers are all good ways to add fiber at snack time. An occasional handful of nuts is also a healthy, high-fiber snack.
- **Reduce canned or processed foods.** Much of the salt you eat comes from canned or processed foods like soups or frozen dinners—even poultry or other meats often have salt added during processing.
- **Eat fresh foods,** Look for unsalted meats. Making your own soups or stews can reduce your sodium intake.
- **Cook at home, using spices for flavor.** Cooking for yourself enables you to have more control over your salt intake. Substitute reduced sodium versions, or salt substitutes.

Gaining or carrying excess weight means that your heart must work harder, and this often leads to high blood pressure—a major cause of heart disease. A healthy body weight is important to reducing your risk of heart disease. Reducing portion sizes is a crucial step toward losing or maintaining a healthy weight.



Healthy Eats!

INGREDIENTS

- 2 Tbsp. extra virgin olive oil
- 1 green bell pepper, chopped
- 1 small onion, chopped
- 2 Tbsp. minced garlic
- 1 pound ground turkey
- 1 1/2 tsp ground cumin
- Adobo seasoning
- 2 (15oz) cans low sodium red kidney beans, drained and rinsed
- 2 (8oz) cans tomato sauce
- 1 chipotle chili, finely chopped

TOPPING

- 1/4 cup shredded Monterey Jack cheese
- 1 avocado, chopped
- 1/2 chopped onion
- Coarsely chopped cilantro



HOW ABOUT SOME
FRESH FRUIT FOR
DESSERT?



Turkey Chili

DIRECTIONS

Prep time 10 minutes
Ready in 30 minutes

1. Heat oil in medium pot over medium heat. Stir in peppers, onions and garlic; cook until tender, 5-7 minutes. Add turkey, cumin and Adobo seasoning.
2. Cook, breaking up turkey with spoon, until browned, about 5 minutes.
3. Stir in beans, tomato sauce, 1 cup water and chipotle; bring liquid to boil. Reduce heat. Simmer until chili thickens and flavors come together, about 10 minutes. Season with Adobo.
4. Divide chili among serving bowls.
5. Top with cheese, avocado and cilantro.
6. Serve with a fresh salad on the side and enjoy!



WHAT'S IN SEASON FOR FEBRUARY?

Bell Pepper, Broccoli, Cabbage, Carambola (star fruit), Cauliflower, Celery, Eggplant, Grapefruit, Guava, Lettuce, Mushroom, Orange, Papaya, Peanut, Potato, Radish, Snap Bean, Squash, Strawberry, Sweet Corn, Tangerine and Tomato.





Our person of change:

Basilisa Perkins

Staying active to balance the demands of home and work life!

Basilisa has always been adamant about finding time to exercise to reduce stress, alleviate lower back pain, and to improve her overall mental well-being. The demands of being a working mom require her to have a lot of energy to manage a healthy home and work balance. In the past Basilisa has used exercises such as yoga to reduce stress and to prevent muscle tension. Family walks have also allowed Basilisa to stay connected to her family while also modeling an active lifestyle for her children. Most recently, Basilisa has decided to grow a vegetable garden with the help of her two daughters. While at work Basilisa has implemented exercise in her day by replacing her chair with a fitness ball.

Basilisa decided to incorporate a vegetable garden at her home to teach her daughters about healthier food options; by including them in this project this encourages them to eat fresh healthy foods. Since September Basilisa's family has seen a good harvest of tomatoes, kale, lettuces, and herbs. Her daughters are constantly intrigued by the growth of their home garden and are always willing to contribute their produce for different family meals.

Basilisa decided to incorporate more movement in her day during the time she spends at work, so she utilizes a fitness ball which relieves the lower back pain that she's prone to. This also improves her posture; having to balance on the fitness ball also helps Basilisa to remain alert throughout the day. Utilizing a fitness ball requires you to stabilize your core muscles which contribute to overall health as well. In addition to the fitness ball Basilisa commits herself to short walking breaks at different point throughout the day to help reduce the time that she is sedentary and to prevent

She encourages everyone to consider planting a vegetable garden because in Florida's climate we can grow vegetables year round and it is a rewarding activity that the entire family can participate in. Taking care of yourself throughout the day even at work will contribute to your general well being. Overall Basilisa has incorporated healthy positive lifestyle changes by integrating simple strategies that equates to a healthier family and work life.



**Basilisa, Thank you for sharing your story!
You are a true inspiration.**

FDOH-Broward Employee Wellness

The Walking Club, meets at noon in front of the Administration Building every Monday, Wednesday and Friday. YOGA is on Thursdays. Mark your calendars!



Contact Us:

Jeanette Alonso

954-467-4700 x 5711

Latonya Delaughter

954-467-4700 x 5806

Rebecca Hacker

954-467-4700 x 4300

Kristin Halldorsdottir

954-467-4700 x 3009

Stacy Lazos

954-467-4700 x 4047

Nickey Lewin

954-467-4700 x 4004

Solia Matthews

954-467-7400 x 4010