



Positive Pulse Wellness Newsletter

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"Promote and protect the wellness of our community through education, programs, and services".

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Special points of interest:

* February 2015 Monthly Challenge Options: Complete a cardio exercise (you choose your repetition rate but try to slowly increase it over the month) at least 3 times a week for the month; Give up 1 item that is your weakness for the entire month of February.

February Is American Heart Month

February is American Heart Month: Are You at Risk for Heart Disease? During the month of February, Americans see the human heart as a symbol of love. February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease and stroke and stay "heart healthy" for yourself and your loved ones.

Cardiovascular disease (CVD) including heart disease, stroke, and high blood pressure-is the number 1 killer of women and men in the US.

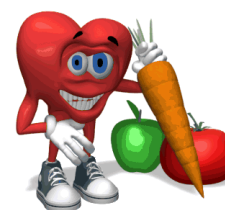
Take It One Step at a Time:

You can control a number of risk factors for CVD, including: diet, physical activity, tobacco use, obesity, high

blood pressure, high blood cholesterol, and diabetes.

As you begin your journey to better heart health that can last a lifetime, keep the following things in mind:

- Try not to become overwhelmed. Every step brings you closer to a healthier heart, and every healthy choice makes a difference!
- Partner up. The journey is more fun and often more successful when you have company. Ask friends and family to join you.
- Don't get discouraged and reward yourself for each step accomplishment!



Plan For Prevention:

- Work with your health care team.
- Monitor your blood pressure.
- Get your cholesterol checked.
- Eat a healthy diet.
- Maintain a healthy weight.
- Exercise regularly
- Don't smoke/limit alcohol intake
- Take your medicine

Top Quick Heart-Healthy Fitness Tips

Here are five fitness tips to get your ticker healthy and happy!!!

1. Start with activities you love. Sit down and make a list of all of the active things you do and find a way to make at least one of them part of your day, every day. After a few months of making those activities habits, try new ones or more traditional workouts like a group exercise class.
2. Embrace the power of 10. Think you can't get heart-health benefits from just 10-minute bouts of activity? Think again! Ten minutes of walking three times a day has been shown to

Top Quick Heart-Healthy Fitness Tips (continued)

lower blood pressure. Something as simple as walking before work, over lunch, and after dinner is a fabulous way to squeeze in exercise—no gym required!

3. It's not just about cardio. When people think of heart-healthy exercise, they generally think of aerobic or cardio activities like



jogging. Did you know that strength training can improve the health of your ticker, too? When you lift weights at a moderate intensity, you get your heart rate up. This means that you're working both your muscular system and your cardiovascular system.

4. Use exercise to dis-

stress. Stress plays a critical role in heart health, and exercise is great at kicking stress to the curb. Learn to see exercise not as something that you *have* to do, but instead as something you *want* to do because it makes you feel good.

5. Support your efforts with a healthy diet. Working out, as awesome as it is, is only part of the heart—healthy equation. Eating a nutritious diet that is rich in fruits, veggies, whole grains, lean proteins, and healthy fats is key!

Breaking Down Barriers to Fitness

Most of us are familiar with the most common barrier to a regular physical activity routine—the lack of time. Work, family obligations, and other realities of daily life often get in the way of our best intentions to be more active. Here are some of the more common barrier and solutions for overcoming them:

- Barrier: Lack of time

Solutions: Monitor your activities for one week and identify at least three, 30-minute slots you could use for physical activity. Select activities that you can fit into your home or work routine so

"The only bad workout is the one you didn't do"
~Unknown~

you're not wasting time on transportation to another venue to accomplish them. Walking in your neighborhood, climbing stairs at your office or exercising while you watch TV are all good options.

- Barrier: Lack of motivation and/or energy

Solutions: Plan ahead. Schedule physical activity for specific times/days and

"check" it off your list or calendar each time you complete it. Determine what time of day you feel more energetic and try to fit activity into that time frame. Join an exercise group or class and seek others in the group to help motivate you and keep you accountable to attending.

- Barrier: Family care giving obligations

Solutions: Exercise with your kids. Go

for a walk together, play tag or other running games, get an aerobic dance or exercise dvd for the kids. You can spend time together, occupy the kids, and ensure they're getting the daily physical activity they need to stay healthy. If you have a specific class you like to attend, try alternating baby-sitting time with a neighbor.



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