



## A CRASH COURSE IN FOOD AND EXERCISE FOR A HAPPY, HEALTHY HEART

BY: WELLWORKS FOR YOU

According to studies, individuals that engage in a minimum of 15 minutes of exercise per day tend to live an average of three years longer than those who lead a sedentary lifestyle. And, those who eat less saturated fats, reduce their sodium intake, and increase fiber consumption boost their heart health and lower their risk for heart-related problems.

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### QUICK FACT

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### DID YOU KNOW?

According to the CDC, heart disease is the leading cause of death for both men and women – an estimated 630,000 people in the U.S. die from heart disease every year.

#### HEARTY DIET SUCCESS

Eating a balanced, healthy diet can help set you up for a happy heart and reduce the risk of heart disease and other heart-related conditions. Take a look at five food categories that encourage heart-health success:

- 1. Leafy Greens and Fresh Fruit**  
Whenever possible, fill the crisper with spinach, kale, broccoli, and carrots. Apples, peaches, pears, and bananas are not only heart-healthy, but they're also delicious!
- 2. Whole Grains for a Wholesome Heart**  
When it comes to cereals, bread, rice, and pasta, choose 100% whole grain varieties whenever possible (it should be listed first in the ingredients).
- 3. Down low on Dairy**  
Low-fat or fat-free milk, cheese, cottage cheese, and yogurt are

preferred heart-healthy dairy options. If you substitute dairy for soy—acquire versions with added vitamin A and D.

- 4. Healthy-Heart Fats and Oils**  
Examples of healthy-heart fats are avocados, seafood, and nuts, and healthy oils are canola, olive, sunflower, and peanut — which are all unsaturated fats (AKA healthy fats!)
- 5. Power-up Proteins**  
Your heart will appreciate a combination of meats like poultry, chicken, and lean beef, in addition to eggs, tofu, and unsalted nuts and seeds.

#### HEART FITNESS

Your heart will thank you if you engage in five days of at least 30 minute-sessions of exercise. Research has demonstrated that the following three types of fitness are favorable for your heart health:

- 1. Aerobics**  
Try walking, running, group fitness classes, such as Zumba or HIIT, to rev up your heart to an appropriately challenging heart rate to strengthen and maintain a healthy heart (wrist-heart monitors can help you achieve a desired heart-rate range.)
- 2. Resistance Training**  
Try incorporating weights, resistance bands, and body-resistance activities such as planks, push-ups, and dips to your fitness regimen.
- 3. Stretching**  
Yoga not only helps stretch your muscles and relax your mind, but it's also great for strengthening your heart.

Source: Wellworks For You

# FEATURED RECIPE:

## CLASSIC DINER MEAT LOAF

Serves: 8

### INGREDIENTS

- ❑ ⅓ cup fat-free milk
- ❑ ½ cup refrigerated or frozen egg product, thawed\*
- ❑ 2 cups soft whole wheat bread crumbs
- ❑ 2 green onions, thinly sliced
- ❑ 1 tablespoon Worcestershire sauce
- ❑ 1 teaspoon dried thyme or oregano, crushed
- ❑ ¼ teaspoon salt
- ❑ ⅛ teaspoon ground black pepper
- ❑ 1 ½ pounds 90% or higher lean ground beef
- ❑ ¼ cup ketchup
- ❑ 1 tablespoon balsamic vinegar
- ❑ 1 clove garlic, minced



### DIRECTIONS

1. Preheat oven to 350°F. Line a 2-quart rectangular baking dish with foil; set aside. In a large bowl, combine milk and egg. Stir in bread crumbs, green onion, Worcestershire sauce, thyme, salt, and pepper. Add ground beef; mix well. Shape meat mixture into an 8x5-inch rectangle in the prepared baking dish.
2. Bake for 50 minutes. Spoon off fat. Meanwhile, in a small bowl, combine ketchup, vinegar, and garlic. Spread over top of meat loaf. Bake about 10 minutes more or until meat is done (160°F).
3. Let stand for 10 minutes before serving. Spoon off any fat. Cut into slices.

\***TIP:** You can substitute 3 egg whites for the ½ cup egg product.

### NUTRITION

**Serving Size:** ⅓ of recipe

**Per serving:** 197 calories; 9 g fat (4 g sat); 1 g fiber; 8 g carbohydrates; 20 g protein; 13 mcg folate; 56 mg cholesterol; 4 g sugars; 339 IU vitamin A; 2 mg vitamin C; 57 mg calcium; 3 mg iron; 308 mg sodium; 405 mg potassium

*Source:* <http://www.eatingwell.com/recipe/259517/classic-diner-meat-loaf/>

# MONTHLY DRAWING



Please e-mail [info@wellworksforyou.com](mailto:info@wellworksforyou.com) with your response to be placed in a drawing to possibly win a \$25.00 Wellworks For You Visa Reward Card. If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the last day of the month.

## What actions will you take for a happy, healthy heart?

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# HEALTH OBSERVANCE

## WISE HEALTH CONSUMER MONTH

A wise health consumer researches sources of health information, and then chooses health care plans and providers based off of their learnings. The benefits of understanding your health care include improved health, more effective health care, and lower health costs.

Here are some tips for getting the best value for your health care dollar and the peace of mind that comes from being a well-informed health consumer.

1. **Learn how to work with your health plan:**  
The more you know about your health plan, the better you can use it in your favor. Find out which services are covered, understand your financial duties and how to access your benefits, and who to reach out to with questions.
2. **Work better with your health care provider:**  
Your health care provider is your main advocate within the health care system. To reap the greatest benefits, find out how to use their services, arrive at your visits prepared with personal history and current symptoms, and always follow through with your treatment plan.
3. **Make the most of your appointments:**  
Ask questions and write down what you need to know about your treatment and always begin with open communication.

*Sources:*  
<https://wwfy.myhealthfeed.com/healthdata/staywell/portal/203/en/article/wellness-library-v1/how-to-be-a-savvy-medical-consumer>, <https://www.rand.org/blog/2013/02/are-you-a-wise-health-care-consumer.html>

