



Heart Health Awareness Month

February marks Heart Health Awareness month, signaling how important it is to take the time to be reminded and further educated about how important your Heart Health truly is!

- Heart disease is the number one leading cause of death in the US
- 610,000 people die of heart disease in the United States every year, that is 1 in every 4 deaths
- \$207 billion dollars are spent on health care services, medications and lost productivity
- Claims a life every 42 seconds



These statistics show why it is important to spread awareness of Heart Health and how you can prevent or decrease your risk of heart disease! The heart is a large muscle that pumps roughly 100,000 times a day depending upon the person. The contracting of the heart muscle is the driving force behind pumping fresh oxygenated blood and nutrients throughout the entire body. Explaining why it is crucial to keep the heart healthy so that everything else in the body can run properly.

- **So How do you maintain a Healthy Heart?**
- Nonsmoking
- BMI lower than 25
- Adequate physical activity-150 minutes of moderate or 75 minutes of vigorous physical activity each week
- Healthy, balanced diet
- Cholesterol below 200 (not on medications)
- Blood pressure below 120/80 (not on medications)
- Fasting blood sugar below 100
- Knowing your Family's Health History
- Managing stress and anger
- Getting adequate amount of sleep

Health Tip: Knowing Signs/Symptoms of a Heart Attack

Heart attacks are the leading cause of death in the United States. More than half of those deaths occur because the initial warning signs of a heart attack were not recognized in enough time to get the proper medical help. The list below contains the most common symptoms, which show up during a heart attack. If someone experiences any of the symptoms below it does not necessarily mean he or she is having a heart attack, but that person should be closely monitored and assessed for other symptoms.

Common Symptoms of a Heart Attack:

1. **Chest Pain:** Feelings of pressure, squeezing, fullness or pain in the chest area can signal that the heart is not functioning properly.
2. **Discomfort in the Upper Body:** Chest pain is not always the only area where one can experience discomfort, but also in the back or jaw.
3. **Shortness of Breath:** Having the lack of breath often indicates that the body is not getting enough oxygen.

4. Cold Sweat and Anxiety: Profusely sweating or having the feeling of anxiety or dread is the body's reaction to having restricted blood flow to the heart muscle.
5. Nausea: Nausea is associated with a variety of health concerns, but it is especially associated with heart attacks when accompanied by other telltale symptoms.
6. Indigestion: This is another common symptom associated with a heart attack. Similar to nausea indigestion occurs because the heart is attempting to direct blood flow to the most vital organs and less going to the stomach.
7. Fatigue: When the body is oxygen deprived, fatigue follows quickly.
8. Dizziness: This is often the first sign of a heart attack because blood flow to the brain has been restricted.
9. Racing Heart: Heart palpitations are often described as a "racing heart." The heart begins beating faster to try to compensate for the loss of pumping capacity.

Exercise of the Month

Heart Rate Zones/Exercise Intensity

The Heart is like any other muscle in the body, in the sense that it has to be stressed or worked so that it can become stronger. This allows the heart to pump more blood quickly and efficiently without any extra strain. Having a lower resting heart rate is a sign that there is less effort being placed on the heart to pump blood through. A person who exercises often and vigorously has the lowest risk for heart disease, but ALL exercise is beneficial! Even light-to-moderate exercise has been proven to assist those with existing heart disease or cardiac risk factors.

How to determine your Heart Rate Zones or Exercise Intensity:

First to calculate your maximum heart rate you need to subtract your age from 220. For example, if you're 45 years old, subtract 45 from 220 to get a maximum heart rate of 175. This is the maximum number of times your heart should beat per minute during exercise. Once you know your maximum heart rate, you can calculate your desired target heart rate zones—the level at which your heart is being exercised and conditioned but not overworked.

1. **Moderate Exercise Intensity** is 50 to 70% of your maximum heart rate. Using the previous example of the 45 year old. You would take the maximum heart rate of 175 x .5 to get 50% and 175 x .7 to get 70% of this individuals heart rate zones. For moderate exercise this individual will need to have a heart rate between 88-123.
2. **Vigorous Exercise Intensity** is 70 to 85 percent of your maximum heart rate. If you do the math this individual's heart rate zone range for vigorous exercise is 123-149.

Recipe of the Month

Grilled Salmon with Avocado Salsa

Ingredients

- 2 lbs salmon*, cut into 4 pieces
- 1 tbs olive oil
- 1 tsp salt
- 1 tsp ground cumin
- 1 tsp paprika powder
- 1 tsp onion powder
- 1/2 tsp chili powder
- 1 tsp black pepper

Avocado salsa

- 1 avocado*
- 1/2 small diced red onion
- Juice from 2 limes
- 1-2 tbs finely chopped cilantro
- Salt to taste



- 1 Mix the salt, chili powder, cumin, paprika, onion and black pepper together; rub the salmon fillets with olive oil and this seasoning mix.
- 2 Refrigerate for at least 30 minutes.
- 3 Pre-heat the grill.
- 4 Combine the avocado, onion, cilantro, lime juice, and salt in a bowl and mix well, chill until ready to use.
- 5 Grill the salmon to one's personal satisfaction
- 6 Top with avocado salsa and enjoy!

*Salmon is a top choice because it's rich in omega-3 fatty acids. Omega-3s have an anti-clotting effect, so they keep your blood flowing, as well as lower your triglycerides (a type of fat that can lead to heart disease).

*Avocados get their creamy texture from "good" (monounsaturated) fats, which lower your "bad" LDL cholesterol. They also seem to have an anti-inflammatory effect, so you don't get chronic inflammation that makes atherosclerosis -- the hardening of artery walls.

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