The Components of Heart Health

During February, PEHP Wellness encourages members to learn more about heart health in honor of American Heart Month. To better educate yourself, consider a free resource offered by the American Heart Association called My Life Check.

This free online tool teaches users seven components of heart health and how to stay within healthy ranges. PEHP members can also access My Life Check by logging into their personal account at www.pehp.org.

Remember that you can stop heart disease before it even starts. The My Life Check assessment takes only minutes to complete and prompts you to take action with Life’s Simple 7.

Start small and keep it simple with the My Life Check assessment and Life’s Simple 7 Action Plan. Learn more here.

We hope you enjoy this edition focusing on heart health.

– Your PEHP Wellness Team

Food Trends

What: Grocery stores on average offer about 43,000 different items with new products emerging daily. Join us and become a savvier shopper and learn about the latest food trends.

When: Monday, Feb. 2 at Noon

Presenter: Maria Givler, PEHP Registered Dietitian

Tune in: View upcoming webinars.

Can’t make it? All webinars are archived for future viewing – visit our archive section here.

– American Heart Association

SIGN UP!

Join our first Health Challenge of 2015! Project Happiness begins February 2!

Register here.
Get Active and Prevent Heart Disease

In February our attention shifts to health issues affecting the heart. One condition of special concern is cardiovascular disease (CVD), which includes heart disease, stroke, and high blood pressure. The prevalence of CVD costs the United States over $300 billion each year in healthcare services, medications, and loss of productivity from lack of work due to disability. All of these factors make CVD a very heavy burden for the nation and of course, for our hearts.

Are you at risk for heart disease? Find out here. There are many ways that you can prevent the onset of CVD, including physical activity. From a physiological standpoint, exercise reaps many benefits for the heart such as improving blood circulation through the arteries and raising our HDL or “good” cholesterol.

Learn more about protecting your heart with activity here.
Shake the Salt Habit

Too much sodium increases your risk for high blood pressure. Lawrence Appel, M.D. from Johns Hopkins University states, “The most important reason to lower blood pressure is to prevent vascular damage over your lifetime. Even if you aren’t sensitive to salt now, you will be.”

There is nearly a 100% chance that you’ll develop high blood pressure by the time you are 70 or 80. The American Heart Association recommends 1500 mg of sodium per day for optimal heart health. Most Americans consume 3400 mg of sodium each day.

How much do you really know about sodium? Take the sodium quiz and find out here.

THE SALTY SIX

Be aware of these in your diet:

- Breads and rolls
- Cold cuts and cured meats
- Poultry

Click here to learn more about sodium and ways to reduce it in your diet.

A Heart With Attitude

Simple approaches can help you invest in a healthier heart. Besides diet and activity, how we feel has a significant influence on our heart. Regardless of your current state of health, having a good attitude has been proven to help you live longer and maintain a higher quality of life. Consider these tips to help you cultivate a heart healthy attitude:

» Make plans for the future and set goals.

» Feed your sense of humor. Every day, find a way to laugh out loud.

» Learn relaxation techniques. Stress robs your immune system of its power to fight back.

» Be a partner with your healthcare team and take an active role in managing your health.

» Maintain intimacy and affection, with hugs, kisses and saying “I love you” each day.

HEART HEALTH FACT

A good belly laugh can send 20% more blood flowing through the entire body. Plus, while laughing, the lining of blood vessel walls relaxes and expands. So have a giggle – your heart will thank you. – American Heart Association
Take Charge of Your Heart

Stress is not a proven risk factor for heart disease, but an unhealthy weight is. Weight gain often comes along with the same behaviors that result from unmanaged stress such as poor diet, insufficient sleep, and lack of exercise.

Given this relationship, learning healthy ways to cope with stress will help you manage your weight and possibly lower your risk of heart disease.

Every person is different, so try a variety of coping tools to find what works best for you in both stressful moments and long-term challenges.

Studies show that practicing relaxation exercises, maintaining an exercise routine, having a support system, eating a well-balanced diet, and getting adequate sleep are some of the most effective ways to manage stress.

Stress will always exist, but that doesn’t mean it needs to take a toll on your health. Start today to do what you can and your heart may thank you.

HEART HEALTH FACT

Try to do at least one thing every day that you enjoy, even if you only do it for 15 minutes.
– American Heart Association
During pregnancy, high blood pressure, swelling, or increased level of protein in the urine may be signs of preeclampsia. This condition develops typically in a woman’s first pregnancy and is more frequent in teen mothers and mothers over the age of 40. Preeclampsia affects 5-8% of all pregnancies. Symptoms include:

» Swelling of hands, feet and face
» Severe headaches
» Nausea or upper abdominal pain
» Rapid weight gain
» Vision changes

When caught early, preeclampsia is manageable though there is no cure. Undiagnosed, preeclampsia can put both mother and baby at risk. The only treatment is to deliver the baby. Symptoms should go away in 1 to 6 weeks. Regular prenatal care is the best way to protect mothers who may be at risk. Watch an educational video to learn more here.

Heart Health Fact

High blood pressure: 140/90 or higher, or a rise in the diastolic (bottom number) of 15 or more, or the systolic (top number) of 30 or more over your baseline is cause for concern.

—Preeclampsia Foundation
# Mark Your Calendar

**February 2015**

**1**
- **Groundhog Day**
- Project Happiness Health Challenge opens
- **HU TESTING SESSION**
  - **Draper**: 8:30-12:15/1:30-4:15

**2**
- Health Tool of the Week: Lower Blood Pressure with the DASH Diet
- **HU TESTING SESSION**
  - **SLC**: 8:30-12:15/1:30-4:15

**3**
- February Workout Warrior Registration closes
- **HU TESTING SESSION**
  - **Kaysville**: 9-12:15/1:30-4:15
  - **Riverton**: 12-5:15

**4**
- **HU TESTING SESSION**
  - **Orem**: 9-12:15/1:30-4:15

**5**
- National Wear Red Day
- **HU TESTING SESSION**
  - **SLC**: 8:30-12:15/1:30-4:15

**6**
- Valentine’s Day

**7**
- Health Tool of the Week: Manage Stress with Heart 360
- **HU TESTING SESSION**
  - **SLC**: 9-1

**8**
- Presidents’ Day
- PEHP Offices Closed

**9**
- **HU TESTING SESSION**
  - **SLC**: 8:30-12:15/1:30-4:15

**10**
- **HU TESTING SESSION**
  - **SLC**: 8:30-12:15/1:30-4:15

**11**
- **HU TESTING SESSION**
  - **SLC**: 8:30-12:15/1:30-4:15

**12**
- **HU TESTING SESSION**
  - **SLC**: 9-1

**13**
- Valentine’s Day

**14**
- Presidents’ Day
- PEHP Offices Closed

**15**
- **HU TESTING SESSION**
  - **Washington Terrace**: 9-1:15

**16**
- **HU TESTING SESSION**
  - **SLC**: 8:30-12:15/1:30-4:15

**17**
- **HU TESTING SESSION**
  - **SLC**: 8:30-12:15/1:30-4:15

**18**
- **Chinese New Year**

**19**
- **HU TESTING SESSION**
  - **SLC**: 9-12:15/1:30-4:15

**20**
- **HU TESTING SESSION**
  - **SLC**: 8:30-12:15/1:30-4:15

**21**
- **HU TESTING SESSION**
  - **SLC**: 8:30-12:15/1:30-4:15

**22**
- **HU TESTING SESSION**
  - **Logan**: 9-12:15/1:30-4:15

**23**
- March Workout Warrior Registration opens

**24**
- **HU TESTING SESSION**
  - **SLC**: 8:30-12:15/1:30-4:15

**25**
- **HU TESTING SESSION**
  - **West Jordan**: 12-5-15

**26**
- Project Happiness Health Challenge closes

**27**
- **HU TESTING SESSION**
  - **SLC**: 8:30-12:15/1:30-4:15

**28**
- **HU TESTING SESSION**
  - **SLC**: 9-1

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**February is ... Heart Health Month**